

SPORTS



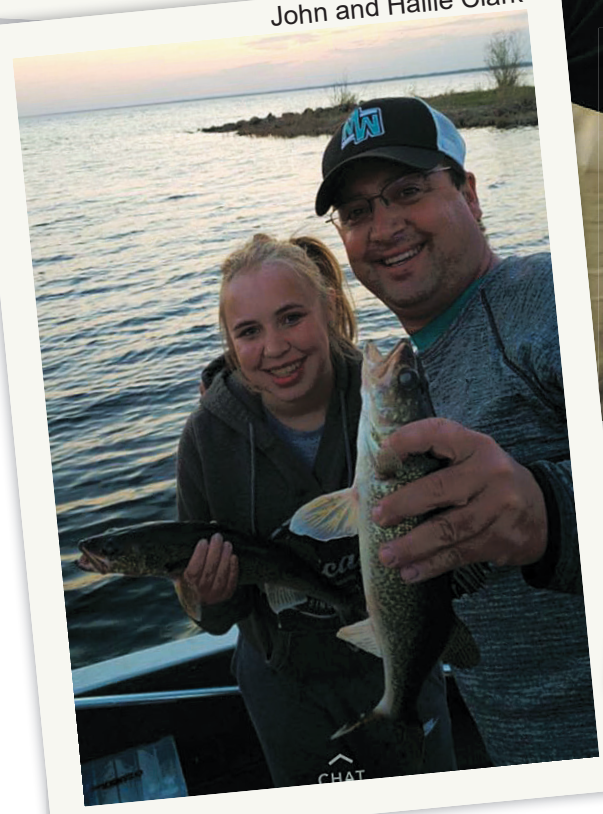
Paul Clark with his niece Hallie



John Clark and his daughter Hallie



Paul and Hallie Clark



John and Hallie Clark



Hallie Clark



The Clark family

Submitted photos

‘Hallie is the hero’ Daughter of Mahnomen-Waubun football coach waiting for kidney transplant

By Chris Murphy
cmurphy@forumcomm.com

Mahnomen, Minn.

Hallie Clark took a deep breath before answering the question. Most of her breaths are deep these days, as she spends 10 hours each day on dialysis, which she handles herself.

Hallie was asked what she wants to do with her life.

She turned 21 less than three months ago and recently discovered a love of photography, but the question made her pause. Doctors gave her a 10 percent chance of living through her first night in this world. The kidney her mother gave her when she was 1 year old is beginning to fail.

“Just live it,” Hallie said. “I want to find my purpose. I want to share happiness and hope. I guess I just want to live.”

Hallie will be roaming the sidelines at U.S. Bank Stadium on Saturday. She’ll be taking pictures of the Mahnomen-Waubun football team in the Minnesota Class 1A state championship game against BOLD. After the game, win or lose, Paul Clark, her uncle and M-W assistant coach, will

find her on the field, hug her and ask her if she got any pictures of him that make him look 15 pounds lighter.

And 12 days later, on Dec. 6, Paul is prepared to give his kidney for Hallie.

“I’m not the hero in this story,” Paul said. “Hallie is the hero.”

The first fight

Jackie Clark wasn’t able to hold her daughter for the first time until two weeks after she was born. Hallie was the first child for Jackie and Mahnomen-Waubun head football coach John Clark. When she was born, John said it was eerie because she was blue and wasn’t crying. She was born a month early via an emergency cesarean section.

“You could tell by the hustle and bustle of the doctors and nurses that something wasn’t right,” John said.

Hallie was taken to a hospital in Fargo because she wasn’t breathing properly, while Jackie stayed

HALLIE: Page D6

Upbringing prepared Andersen for his role as Montana State’s QB

By Paul Schwedelson
Bozeman Daily Chronicle

BOZEMAN, Mont. — During the bye week for Montana State’s football team, Troy Andersen traveled about two hours southwest of Bozeman. Five games into his sophomore season, he could use the break. The week before, Andersen took a beating against Eastern Washington playing quarterback and a few plays

FCS FRIDAYS

A look at what’s happening in the Football Championship Subdivision

at linebacker. His father, Scott Andersen, called him “a walking bruise.”

When he’s home in Dillon, Mont., Troy usually keeps to himself and enjoys the family time. He

ANDERSEN: Page D4



Rachel Leathe / Bozeman Daily Chronicle

Montana State quarterback Troy Andersen, a 6-foot-3, 215-pound sophomore quarterback, was named to the All-Big Sky Conference first team this season.

UND’s series with Alaska Anchorage could be low-scoring

By Brad E. Schlossman
Forum News Service

GRAND FORKS — The University of North Dakota outshot Alaska Anchorage 78–32 in a two-game series last season.

You would think those numbers would have led to a pair of easy wins, but it turned out exactly like that.

Both games went to overtime; one ended in

UP NEXT

- **Who:** Alaska Anchorage at UND
- **When:** 7:37 p.m. Friday, 7:07 p.m. Saturday.
- **Where:** Ralph Engelstad Arena
- **TV:** Midco Sports Network

a tie, the other in a UND overtime win.

UND: Page D2

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UND

From Page D1

As the Fighting Hawks (5–5–1) prepared to take on Alaska Anchorage (1–8–1) at 7:37 Friday, Nov. 23, and 7:07 p.m. Saturday in Ralph Engelstad Arena, they did so expecting some similarities to last season’s series.

It could be a low-scoring series with goals at a premium.

UND ranks eighth in the National Collegiate Hockey Conference and 38th nationally, averaging 2.55 goals per game.

Anchorage, meanwhile, ranks dead last in college hockey, averaging just one goal per game. Only one player on the Seawolves team — senior Jeremiah Luedtke — has scored more than one goal this season.

On the flip side, both teams have been strong defensively.

UND is allowing opponents just 21 shots on goal per game, second fewest in the nation, only behind Providence.

Anchorage hasn’t allowed more than three goals in a game in almost a month. Although the Seawolves are on an eight-game winless streak, they’ve been able to keep games close and have even grabbed a 0–0 tie.

“They don’t give up much,” UND senior defenseman Hayden Shaw

said. “They have really good goaltending. We’ve had a really, really strong week of practice and we’re ready to get going again.”

UND captain Colton Poolman said: “It’s probably going to be a 1–0, 2–1 sort of night, sort of series. It has that feeling. It’s going to be paramount to get that first goal and get that hot start. Maybe, if we don’t have it, they’ll get an early jump and it’s going to be a defensive battle. It’s going to be huge to be ready to go in the first period both nights and carry it through.”

It’s highly likely that UND will outshoot the Seawolves both nights, but the challenge will be finishing off plays.

The Fighting Hawks have lost four games this season in which they’ve outshot their opponent by 10 or more.

“Play inside the dots is going to be crucial this weekend in all three zones,” UND coach Brad Berry said. “We have to try to own that territory in all three zones.

“They’re a good, structured team away from the puck. They don’t give you a whole lot. Their goaltending is very good. It seems like their five-man units out there are tight as a group up and down the ice. We’re going to have to earn everything we get.”

Reach Schlossman at bschlossman@gfherald.com or (701) 780-1129.

TODAY’S LOCAL CALENDAR

Professional	
National Hockey League	
Winnipeg at Minnesota, 4 p.m.	
National Basketball Association	
Minnesota at Brooklyn, 11 a.m.	
Junior hockey	
Fargo Force at Sioux City, 7:05 p.m.	
College	
Women's basketball	
North Dakota State vs. Pacific, at Stockton, Calif., 5 p.m.	
Minnesota State Moorhead vs. Metro State, at Denver, 6:30 p.m.	
Men's hockey	
Alaska-Anchorage at North Dakota, 7:37 p.m.	
Women's hockey	
Wisconsin-Eau Claire at Concordia, 4 p.m.	
High school	
Boys hockey	
Bismarck Century at Fargo North (Coliseum), 7:30 p.m.	
Fargo Davies at Marshall (Minn.) Tournament	
Bismarck at West Fargo, 7:30 p.m.	
Girls hockey	
West Fargo at Thief River Falls, 6 p.m.	
Fargo Davies at Marshall (Minn.) Tournament	

TODAY’S TV

High school football	
Prep Bowl: Minnesota state championships at U.S. Bank Stadium	
9-Man: Spring Grove vs. Mountain Lake Area, 10 a.m., Antenna TV	
Class 2A: Barnesville vs. Caledonia, 1 p.m., Antenna TV	
Class 4A: St. Paul Academy-MB vs. Willmar, 4 p.m., Antenna TV	
Class 6A: Eden Prairie vs. Lakeville North, 7 p.m., Antenna TV	
Auto racing	
Formula One: Abu Dhabi Grand Prix practice, 2:55 a.m. ESPN2	
College men's basketball	
Battle 4 Atlantis third-place game, 10:30 a.m., ESPN	
AdvoCare Invitational semifinal game, 10:30 a.m., ESPN2	
Battle 4 Atlantis championship game, 1 p.m., ESPN	
Wooden Legacy semifinal game, 1 p.m., ESPN2	
Robert Morris at Purdue, 1 p.m., BTN	
Las Vegas Invitational third-place game, 3 p.m., FOX	
Chattanooga at Michigan, 3 p.m., BTN	
AdvoCare Invitational semifinal game, 3:30 p.m., ESPN2	
Marshall at Maryland, 5 p.m., BTN	
Las Vegas Invitational championship, 5:30 p.m., FOX	
NIT Tip-Off third-place game, 6 p.m., ESPN2	
Emerald Coast Classic: George Mason vs. Cincinnati, 6 p.m., CBSN	
Cleveland State at Ohio State, 7 p.m., FS1	
NIT Tip-Off championship game, 8 p.m., ESPN2	
Emerald Coast Classic: Baylor vs. Ole Miss, 8:30 p.m., CBSN	
Las Vegas Invitational third-place game, 9 p.m., FS1	
Wooden Legacy semifinal game, 10:30 p.m., ESPN2	
Las Vegas Holiday Invitational championship game, 11:30 p.m., FS1	
College football	
Houston at Memphis, 11 a.m., ABC	
Nebraska at Iowa, 11 a.m., FOX	
Texas at Kansas, 11 a.m., FS1	
Akron at Ohio, 11 a.m., CBSN	
Arkansas at Missouri, 1:30 p.m., CBS	
Virginia at Virginia Tech, 2:30 p.m., ABC	
East Carolina at Cincinnati, 2:30 p.m., CBSN	
Central Florida at South Florida, 3 p.m., ESPN	
Oregon at Oregon State, 3 p.m., FS1	
Oklahoma at West Virginia, 7 p.m., ESPN	
Washington at Washington State, 7:30 p.m., FOX	
College men's hockey	
Michigan State University at Minnesota, 7 p.m., FSN	
Anchorage Alaska at North Dakota, 7:30 p.m., MidcoSN	
College women's volleyball	
Minnesota at Penn State, 7 p.m., BTN	
Golf	
PGA Tour: ISPS Handa Melbourne World Cup, 7 p.m., GOLF	
European Tour: Hong Kong, midnight, GOLF	
National Basketball Association	
Minnesota at Brooklyn, 11 a.m., FSN	
National Hockey League	
New York Rangers at Philadelphia, noon, NBC	
Winnipeg at Minnesota, 3 p.m., FSN	
Chicago at Tampa Bay, 6:30 p.m., NBCSN	
Rugby	
Premiership: Harlequins at Worcester, 1:30 p.m., NBCSN	

TODAY’S RADIO

High school football	
Minnesota Class 2A state championship	
Barnesville vs. Caledonia, 12:40 p.m., 740-AM, 107.3-FM	
College football	
Oklahoma at West Virginia, 6:30 p.m., 740-AM, 107.3-FM	
College men's hockey	
Alaska-Anchorage at North Dakota, 7 p.m., 790-AM, 94.1-FM	
College men's basketball	
North Dakota State vs. Pacific, at Stockton, Calif., 5 p.m., 1660-AM, 92.7-FM	
National Basketball Association	
Minnesota at Brooklyn, 10:30 a.m., 970-AM, 93.1-FM	

FOOTBALL

NFL						
American Football Conference						
East						
W	L	T	Pct	PF	PA	
New England	7	3	0	.700	280	236
Miami	5	5	0	.500	199	256
N.Y. Jets	3	7	0	.300	208	254
Buffalo	3	7	0	.300	137	251
South						
W	L	T	Pct	PF	PA	
Houston	7	3	0	.700	239	205
Indianapolis	5	5	0	.500	298	249
Tennessee	5	5	0	.500	178	189
Jacksonville	3	7	0	.300	176	219
North						
W	L	T	Pct	PF	PA	
Pittsburgh	7	2	1	.750	299	225
Baltimore	5	5	0	.500	237	181
Cincinnati	5	5	0	.500	256	312
Cleveland	3	6	1	.350	218	263
West						
W	L	T	Pct	PF	PA	
Kansas City	9	2	0	.818	404	294
L.A. Chargers	7	3	0	.700	262	209
Denver	4	6	0	.400	228	235
Oakland	2	8	0	.200	170	293
National Football Conference						
East						
W	L	T	Pct	PF	PA	
Dallas	6	5	0	.545	234	213
Washington	6	5	0	.545	220	229
Philadelphia	4	6	0	.400	205	231
N.Y. Giants	3	7	0	.300	215	263
South						
W	L	T	Pct	PF	PA	
New Orleans	10	1	0	.909	409	256
Carolina	6	4	0	.600	260	252
Atlanta	4	7	0	.364	280	307
Tampa Bay	3	7	0	.300	267	329
North						
W	L	T	Pct	PF	PA	
Chicago	8	3	0	.727	317	211
Minnesota	5	4	1	.550	241	229
Green Bay	4	5	1	.450	247	243
Detroit	4	7	0	.364	238	286
West						
W	L	T	Pct	PF	PA	
L.A. Rams	10	1	0	.909	389	282
Seattle	5	5	0	.500	246	216
San Francisco	2	8	0	.200	230	266
Arizona	2	8	0	.200	145	248
Week 12						
Thursday's Games						
Chicago 23, Detroit 16						
Dallas 31, Washington 23						
New Orleans 31, Atlanta 17						
Sunday's Games						
N.Y. Giants at Philadelphia, 12 p.m.						
New England at N.Y. Jets, 12 p.m.						
Cleveland at Cincinnati, 12 p.m.						
Seattle at Carolina, 12 p.m.						
Jacksonville at Buffalo, 12 p.m.						
San Francisco at Tampa Bay, 12 p.m.						
Oakland at Baltimore, 12 p.m.						
Arizona at L.A. Chargers, 3:05 p.m.						
Miami at Indianapolis, 3:25 p.m.						
Pittsburgh at Denver, 3:25 p.m.						
Green Bay at Minnesota, 7:20 p.m.						
Monday's Games						
Tennessee at Houston, 7:15 p.m.						
Week 13						
Thursday's Games						
New Orleans at Dallas, 7:20 p.m.						
Sunday's Games						
Baltimore at Atlanta, 12 p.m.						
Denver at Cincinnati, 12 p.m.						
Carolina at Tampa Bay, 12 p.m.						
Chicago at N.Y. Giants, 12 p.m.						
Buffalo at Miami, 12 p.m.						
L.A. Rams at Detroit, 12 p.m.						
Arizona at Green Bay, 12 p.m.						
Cleveland at Houston, 12 p.m.						
Indianapolis at Jacksonville, 12 p.m.						
N.Y. Jets at Tennessee, 3:05 p.m.						
Kansas City at Oakland, 3:05 p.m.						
Minnesota at New England, 3:25 p.m.						
San Francisco at Seattle, 3:25 p.m.						
L.A. Chargers at Pittsburgh, 7:20 p.m.						
Monday's Games						
Washington at Philadelphia, 7:15 p.m.						

College	
Results/schedule	
Major College	
Thursday, Nov. 22	
Air Force 27, Colorado State 19	
No. 22 Mississippi State 35, Mississippi 3	
Friday, Nov. 23	
No. 11 Texas at Kansas, 11 a.m.	
Nebraska at Iowa, 11 a.m.	
Akron at Ohio, 11 a.m.	
Buffalo at Bowling Green, 11 a.m.	
Central Michigan at Toledo, 11 a.m.	
Eastern Michigan at Kent State, 11 a.m.	
Houston at Memphis, 11 a.m.	
Arkansas at Missouri, 1:30 p.m.	
Coastal Carolina at South Alabama, 2 p.m.	
East Carolina at Cincinnati, 2:30 p.m.	
Virginia at Virginia Tech, 2:30 p.m.	
Oregon at Oregon State, 3 p.m.	
No. 8 Central Florida at South Florida, 3:15 p.m.	
No. 6 Oklahoma at No. 12 West Virginia, 7 p.m.	
No. 16 Washington at No. 7 Washington State, 7:30 p.m.	
Saturday, Nov. 24	
No. 4 Michigan at No. 10 Ohio State, 11 a.m.	
Georgia Tech at No. 5 Georgia, 11 a.m.	
No. 19 Syracuse at Boston College, 11 a.m.	
No. 13 Florida at Florida State, 11 a.m.	
Marshall at Florida International, 11 a.m.	
Western Kentucky at Louisiana Tech, 11 a.m.	
Baylor vs. Texas Tech, 11 a.m.	
Iurduie at Indiana, 11 a.m.	
Navy at Tulane, 11 a.m.	
North Carolina State at North Carolina, 11:20 a.m.	
Wake Forest at Duke, 11:30 m.	
Old Dominion at Rice, noon	
New Mexico State at Liberty, 1 p.m.	
Georgia southern at Georgia State, 1 p.m.	
Wyoming at New Mexico, 1:30 p.m.	
Troy at Appalachian State, 1:30 p.m.	
Southern Mississippi at Texas-El Paso, 2 p.m.	
Louisiana at Louisiana-Monroe, 2 p.m.	
Alabama-Birmingham at Middle Tennessee, 2 p.m.	
Stanford at UCLA, 2 p.m.	
Auburn at No. 1 Alabama, 2:30 p.m.	
Maryland at No. 15 Penn State, 2:30 p.m.	
Illinois at No. 20 Northwestern, 2:30 p.m.	
Arizona State at Arizona, 2:30 p.m.	
Minnesota at Wisconsin, 2:30 p.m.	
No. 24 Pittsburgh at Miami (Fla.), 2:30 p.m.	
Southern Methodist at Tulsa, 2:30 p.m.	
Temple at Connecticut, 2:30 p.m.	
Arkansas State at Texas State, 3 p.m.	
Rutgers at Michigan State, 3 p.m.	
Tennessee at Vanderbilt, 3 p.m.	
Charlotte at Florida Atlantic, 5 p.m.	
South Carolina at No. 2 Clemson, 6 p.m.	
Kansas State at No. 25 Iowa State, 6 p.m.	
No. 17 Kentucky at Louisville, 6 p.m.	
San Jose State at Fresno State, 6 p.m.	
Colorado at California, 6 p.m.	
North Texas at Texas-San Antonio, 6 p.m.	
No. 8 Louisiana State at Texas A&M, 6:30 p.m.	
No. 3 Notre Dame at USC, 7 p.m.	
Oklahoma State at Texas Christian, 7 p.m.	
Nevada at Nevada-Las Vegas, 8:30 p.m.	
Brigham Young at No. 18 Utah, 9 p.m.	
No. 14 Utah State at No. 21 Boise State, 9:15 p.m.	
Hawaii at San Diego State, 9:30 p.m.	
Big Ten Conference	
Friday, Nov. 23	
Nebraska at Iowa, 11 a.m.	
Saturday, Nov. 24	
Michigan at Michigan State, 11 a.m.	
Purdue at Indiana, 11 a.m.	
Maryland at Penn State, 2:30 p.m.	
Illinois at Northwestern, 2:30 p.m.	
Minnesota at Wisconsin, 2:30 p.m.	
Rutgers at Michigan State, 3 p.m.	
Football Championship Subdivision Play-offs	
First round	
Saturday, Nov. 24	
1) Incarnate Word (6-4) at Montana State (7-4), 2 p.m.	
2) Delaware (7-4) at James Madison (8-3), 3 p.m.	
3) Queens (8-3) at Towson (7-4), 1 p.m.	
4) Elon (4-4) at Wofford (8-3), 1 p.m.	
5) San Diego (9-2) at Nicholls State (8-3), 3 p.m.	
6) Lamar (7-4) at Northern Iowa (6-5), 4 p.m.	
7) East Tennessee State (8-3) at Jacksonville State (8-3), 6:30 p.m.	
8) Stony Brook (7-4) at Southeast Missouri State (8-3), 1 p.m.	
Second round	
Saturday, Dec. 1	
9) Game 1 winner at No. 1 North Dakota State (11-0), 2 p.m.	
10) Game 2 winner at No. 8 Colgate (9-1), noon	
11) Game 3 winner at No. 5 South Dakota State (8-2), 2 p.m.	
12) Game 4 winner at No. 4 Kennesaw State (10-1), 1 p.m.	
13) Game 5 winner at No. 3 Eastern Washington (9-2), 4 p.m.	
14) Game 6 winner at No. 6 Cal-Davis (9-2), 6 p.m.	
15) Game 7 winner at No. 7 Maine (8-3), 11 a.m.	
16) Game 8 winner at No. 2 Weber State (9-2), 3 p.m.	

FOOTBALL

Quarterfinals	
Friday, Dec. 7 or Saturday, Dec. 8	
17) Game 9 winner vs. Game 10 winner, at higher seed	
18) Game 11 winner vs. Game 12 winner, at higher seed	
19) Game 13 winner vs. Game 14 winner, at higher seed	
20) Game 15 winner vs. Game 16 winner, at higher seed	
Semifinals	
Friday, Dec. 14 or Saturday, Dec. 15	
21) Game 17 winner vs. Game 18 winner, at higher seed	
22) Game 19 winner vs. Game 20 winner, at higher seed	
Championship	
At Frisco, Texas	
Saturday, Jan. 5	
Game 21 winner vs. Game 22 winner, 11 a.m.	
NCAA Division II Playoffs	
Second round	
Saturday, Nov. 24	
Hillsdale (10-2) at Notre Dame, Ohio (11-0)	
Slippery Rock (10-2) at New Haven (9-1)	
Bowling State (10-1) at Valdosta State (10-0)	
Wingate (9-3) at Lenoir-Rhyne (11-1)	
Indianapolis (10-1) at Ouachita Baptist (11-0)	
Northwest Missouri State (10-2) at Ferris State (12-0)	
Colorado State-Pueblo (11-1) at Minnesota-Mankato (11-0)	
Texas A&M-Commerce (10-2) at Tarleton State (11-0)	
NCAA Division III Playoffs	
Second round	
Saturday, Nov. 24	
Berry (10-1) at Mary Hardin-Baylor (11-0)	
Whitworth (10-0) at St. John's (11-0)	
St. Norbert (10-1) at Wisconsin-Whitewater (10-0)	
Bethel (10-1) at North Central (10-1)	
Centre (10-1) at Mount Union (11-0)	
Randolph-Mason (9-2) at Muhlenberg (10-1)	
Rensselaer (9-1) at Brockport (11-0)	
Johns Hopkins (10-1) at Frostburg State (10-0)	
NAIA playoffs	
Quarterfinals	
Saturday, Nov. 24	
St. Xavier (9-2) at Morningside (12-0)	
Dickinson State (9-2) at Kansas Wesleyan (12-0)	
Concordia, Mich. (10-2) at Benedictine, Kan. (11-1)	
Baker (10-1) at St. Francis, Ind. (9-2)	
High school	
Schedule	
Minnesota	
Class 6A state playoffs	
Championship	
At U.S. Bank Stadium, Minneapolis	
Friday, Nov. 23	
Eden Prairie (10-1) vs. Lakeville North (12-0), 7 p.m.	
Class 5A state playoffs	
Championship	
At U.S. Bank Stadium, Minneapolis	
Saturday, Nov. 24	
Owatonna (12-0) vs. St. Thomas Academy (12-0), 4 p.m.	
Class 4A state playoffs	
Championship	
At U.S. Bank Stadium, Minneapolis	
Friday, Nov. 23	
St. Paul Academy-Minnehaha-Blake (12-0) vs. Willmar (11-1), 4 p.m.	
Class 3A state playoffs	
Championship	
At U.S. Bank Stadium, Minneapolis	
Saturday, Nov. 24	
Rochester Lourdes (13-0) vs. Fairmont (11-1), 1 p.m.	
Class 2A state playoffs	
Championship	
At U.S. Bank Stadium, Minneapolis	
Friday, Nov. 23	
Caledonia (12-0) vs. Barnesville (11-2), 1 p.m.	
Class 1A state playoffs	
Championship	
At U.S. Bank Stadium, Minneapolis	
Saturday, Nov. 24	
BOLD (13-0) vs. Mahanomen-Waubun (12-0), 10 a.m.	
Class 9-Man state playoffs	
Championship	
At U.S. Bank Stadium, Minneapolis	
Friday, Nov. 23	
Spring Grove (13-0) vs. Mountain Lake Area (12-0), 10 a.m.	
Awards	
North Dakota	
Class 3A all-state team	
First team offense	
Quarterback: Will Madler, Bismarck; Morgan Warner, Dickinson; Cade Feeney, Bismarck Century	
Running backs: Isaiah Olsen, Bismarck; Nathan Goldade, West Fargo Sheyenne	
Tight end: Dawson Weisenberger, Fargo South	
Wide receiver: Joe Jahner, Bismarck; Elijah Klein, Mandan; Ty Satter, Fargo Davies	
Offensive line: Konnor Stordalen, Century; Chase Dockner, Bismarck; Clay Ludwick, Fargo South; Peyton Amundsen, Fargo North; Tyler Jessen, Minot.	
First team defense	
Defensive line: Caleb Doeden, Williston; Tanner Thorsness and Mason Leingang, Century; Canyon Stonecipher, Bismarck	
Linebacker: Thomas Colby, Bismarck; Zach Rogers, West Fargo Sheyenne; Luke Lenon, West Fargo; Nathan Kraft, Century	
Defensive back: Matt Trolley, Bismarck; Peyton Fisher, Fargo North; Caden Jastram, West Fargo Sheyenne	
Second team	
Dawson Brandvold, Nathan Schumacher, Grand Forks Red River; Tyler Terhark, Parker-Sander, Garrett Lund, West Fargo Sheyenne; Jesse Kornell, Junda Kiabo, Isaac Balvitsch, Cameron Rheault, Fargo Davies; Caleb Fritel, Ben Brekke, Fargo North; Danny Lahai, Bless Flomo, John Farr, Fargo South; Marcus Gullemy, West Fargo; Keaton Erhardt, Carlson Fetch, Bismarck Legacy; Dane Carson, Austin Frey, Jaxon Dottenhofer, Keaton Meschke, Mandan; Grant Anderson, Noah Skalsky, Bismarck Century; Dayton Smith, Williston; Dyllon Sieble, Bismarck; Derry Lentz, Minot.	
HOCKEY	
NHL	
Eastern Conference	
Atlantic Division	
GP W L OT S Opts GF GA	
Tampa Bay	22 15 6 1 0 31 83 64
Toronto	22 15 7 0 0 30 76 58
Buffalo	22 14 6 2 0 30 70 62
Boston	21 11 6 4 0 26 60 52
Montreal	22 11 7 4 0 26 72 75
Detroit	21 10 9 1 0 21 60 67
Ottawa	22 9 10 3 1 22 79 94
Florida	19 8 8 1 2 19 64 69
Metropolitan Division	
GP W L OT S Opts GF GA	
Columbus	21 12 7 1 1 26 71 67
NY Rangers	22 12 8 2 0 26 68 65
Washington	21 11 7 2 1 25 72 69
Carolina	21 10 8 2 2 13 58 61
NY Islanders	20 10 8 1 1 22 63 60
New Jersey	20 9 9 2 0 20 60 63
Pittsburgh	20 8 8 2 2 20 69 67
Philadelphia	21 9 10 2 0 20 65 76
Western Conference	
Central Division	
GP W L OT S Opts GF GA	
Nashville	22 16 5 0 1 33 74 50
Minnesota	22 13 7 1 1 28 71 61
Winnipeg	20 12 6 1 1 26 64 54
Colorado	21 11 6 3 1 26 78 62
Chicago	22 11 9 2 0 24 60 59
St. Louis	20 7 10 3 0 17 57 63
Pacific Division	
GP W L OT S Opts GF GA	
Calgary	22 13 8 0 1 27 75 66
San Jose	22 11 7 2 2 26 71 68
Anaheim	23 9 9 3 2 53 68
Vancouver	21 10 12 0 2 22 73 68
Edmonton	21 10 10 1 0 21 61 69
Vegas	23 10 12 0 1 21 70 61
Arizona	20 9 9 2 0 20 51 51
Los Angeles	21 7 13 1 0 15 44 68
Tuesday's Games	
Edmonton 4, San Jose 3, OT	
Wednesday's Games	
New Jersey 5, Montreal 2	
NY Rangers 5, NY Islanders 0	
Pittsburgh 5, Dallas 1	
Washington 4, Chicago 2	
Carolina 5, Toronto 2	
Buffalo 5, Philadelphia 2	
Detroit 3, Boston 2, OT	
Tampa Bay 7, Florida 3	
Nashville 4, St. Louis 1	
Minnesota 6, Ottawa 4	
Vegas 3, Arizona 2, OT	



USA TODAY Sports

Chicago Bears free safety Eddie Jackson (39) returns an interception for a touchdown during the fourth quarter against the Detroit Lions at Ford Field.

Jackson’s pick-six lifts Bears over Lions

Field Level Media
DETROIT — Eddie Jackson returned an interception 41 yards for the go-ahead touchdown with six minutes remaining, and the Chicago Bears held on for a 23-16 Thanksgiving Day victory over the host Detroit Lions.

Chicago quarterback Chase Daniel, who hadn’t started a game since Dec. 28, 2014, when he played for Kansas City, completed 27 of 37 passes for 230 yards and two scores. Daniel filled in for Mitchell Trubisky, who missed the game with a shoulder injury but is reportedly expected back in Week 13.

Tarik Cohen caught seven passes for 45 yards and a touchdown for the Bears (8-3), who won their fifth straight.

Bears 23, Lions 16

Matthew Stafford completed 28 of 38 passes for 236 yards for Detroit (4-7) but threw two key fourth-quarter interceptions.

The Lions were missing two key offensive players, as running back Kerryon Johnson and receiver Marvin Jones sat out with knee injuries.

Stafford’s 43-yard pass to Kenny Golladay set up LeGarrette Blount’s second 4-yard touchdown run of the game, giving Detroit a 13-9 lead with 1:35 left in the third quarter. The Lions’ 2-point conversion attempt failed.

The Bears regained the lead with 13:40 remaining on Daniel’s 14-yard pass to Cohen, capping an 82-yard drive. Detroit tied it

with 7:44 left on Matt Prater’s 20-yard field goal.

The Lions then forced a punt, but on the next snap, Jackson stepped in front of tight end Michael Roberts and sauntered 41 yards into the end zone to give the Bears a 23-16 advantage with six minutes left.

Stafford responded by driving the Lions 64 yards into the red zone, but he was intercepted by Kyle Fuller’s in the end zone with 1:07 left. Detroit still had three timeouts remaining, but Cohen’s 10-yard carry on third-and-9 let the Bears run out the clock.

Chicago led 9-7 at halftime.

Detroit created the first good opportunity of the game when cornerback DeShawn Shead forced a fumble against tight

end Trey Burton, and linebacker Jarrad Davis returned it 20 yards to the Chicago 40.

The Lions methodically drove for nine plays and finished off the drive on Blount’s 4-yard run.

Chicago got on the board on Cody Parkey’s 40-yard field goal.

The Bears moved ahead in the final minute of the half on Daniel’s 10-yard strike to Taquan Mizzell. Chicago tried a 2-point conversation, but Daniel’s pass was incomplete.

Chicago 0 9 014— 23
Detroit 0 7 6 3— 16

Second Quarter
DET—Blount 4 yard rush (Prater kick), 9:03.
CHI—Parkey 40 yard field goal, 3:58.
CHI—Mizzell 10 yard pass from C.Daniel (Robinson II pass from C.Daniel - failed), 0:40.

Third Quarter
DET—Blount 4 yard rush (Golladay pass from Stafford - failed), 1:35.

Fourth Quarter
CHI—Cohen 14 yard pass from C.Daniel (Parkey kick), 13:40.
DET—Prater 20 yard field goal, 7:44.
CHI—E.Jackson 41 yard interception return (Parkey kick), 6:00.
A—65,684.

TEAM STATISTICS

	CHI	DET
First Downs	19	17
Total Net Yards	264	333
Rushes-Yds	15-38	24-111
Passing	226	222
Sacked-Yds Lost	4-12	2-14
Comp-Att-Int	28-38-0	28-38-2
Punts	5-47.0	5-45.4
Punt Returns	4-46	3-25
Kickoff Returns	1-17	0-0
Interceptions Ret.	2-41	0-0
Penalties-Yards	3-20	5-54
Fumbles-Lost	1-1	0-0
Time of Possession	27:14	32:46

INDIVIDUAL STATISTICS

RUSHING- CHI, Cohen 3-14, J.Howard 7-13, Mizzell 1-7, C.Daniel 4-4. DET, Blount 19-88, Riddick 2-12, Zenner 2-9, Ellington 1-2.

PASSING- CHI, C.Daniel 27-30-0-230, A.Miller 1-1-0-8. DET, Stafford 28-38-2-236.

RECEIVING- CHI, Gabriel 7-49, Cohen 7-45, T.Burton 4-28, A.Miller 3-41, Robinson II 2-37, Mizzell 2-21, C.Daniel 1-8, Bellamy 1-7, J.Howard 1-2. DET, Riddick 7-48, Ellington 6-28, Golladay 5-90, M.Roberts 3-16, Bellore 2-12, Blount 1-15, T.J.Jones 1-15, An.Jones 1-4, Zenner 1-4, Willson 1-4.

MISSED FIELD GOALS- CHI, None. DET, None

Cooper, Cowboys run away from Redskins

Field Level Media
DALLAS — Dak Prescott threw for a season-high 289 yards with two long scoring passes to Amari Cooper, and the Dallas Cowboys celebrated Thanksgiving by working their way into a tie for first place in the NFC East with a 31-23 win over the Washington Redskins on Thursday, Nov. 22, in Arlington, Texas.

Prescott and Cooper connected for touchdowns on back-to-back drives in the third quarter — scores of 40 and 90 yards — to blow the game open for the Cowboys (6-5).

Trailing 31-20 in the fourth quarter, the Redskins (6-5) stuffed Ezekiel Elliott on a fourth-and-inches try with 5:27 left to get the ball back at their own 32. However, safety Antwaun Woods came up with the Cowboys’ third interception of Washington quarterback Colt McCoy four plays later.

After another stop, the Redskins drove inside the Cowboys 15 but settled for a 31-yard Dustin Hopkins field goal with 1:13 left in the game.

Cooper had eight catches for 180 yards and the two touchdowns. Prescott, under siege in the first half when he was sacked four times and hit 10 times, was rarely pressured in the second half. He finished 22 of 31 and rushed six times for 18 yards.



USA TODAY Sports

Dallas Cowboys wide receiver Amari Cooper (19) breaks a tackle of Washington Redskins cornerback Fabian Moreau (31) and scores a touchdown in the third quarter at AT&T Stadium on Thursday, Nov. 22.

Cowboys 31, Redskins 23

Elliott added 143 total yards, including his 18th career 100-yard rushing game and NFL-best sixth this season.

Dallas went up 24-13 on the 90-yard score on an in-cutting route from left to right. Prescott hit Cooper on the numbers between three Washington defenders. Cooper did the rest, running away from the Redskins’ secondary down the left sideline for the final 75 yards.

To further deflate Washington, Demarcus Lawrence intercepted McCoy a few plays later.

McCoy was intercepted three times and sacked three times. He completed 24 of 38 passes for 268 yards in his first week as starter since Alex Smith sustained a broken leg.

Washington 0 7 610— 23
Dallas 7 3 14 7— 31

First Quarter
DAL—E.Elliott 16 yard rush (Maher kick), 10:02.

Second Quarter
WAS—V.Davis 53 yard pass from C.McCoy (Du.Hopkins kick), 7:04.
DAL—Maher 28 yard field goal, 1:28.

Third Quarter
WAS—T.Quinn 10 yard pass from C.McCoy(-Kick failed), 9:02.
DAL—A.Cooper 40 yard pass from Prescott (Maher kick), 6:47.
DAL—A.Cooper 90 yard pass from Prescott (Maher kick), 2:10.

Fourth Quarter
DAL—Prescott 5 yard rush (Maher kick), 14:11.
WAS—Bibbs 1 yard rush (Du.Hopkins kick), 11:43.
WAS—Du.Hopkins 31 yard field goal, 1:13.
A—92,076.

TEAM STATISTICS

	WAS	DAL
First Downs	18	20
Total Net Yards	331	404
Rushes-Yds	20-80	34-146
Passing	251	258
Sacked-Yds Lost	3-17	4-31
Comp-Att-Int	24-38-3	22-31-0
Punts	5-45.6	6-47.8
Punt Returns	2-40	0-0
Kickoff Returns	1-44	1-19
Interceptions Ret.	0-0	3-14
Penalties-Yards	4-25	4-30
Fumbles-Lost	2-0	1-0
Time of Possession	26:37	33:23

INDIVIDUAL STATISTICS

RUSHING- WAS, A.Peterson 12-35, C.McCoy 5-28, Bibbs 3-17. DAL, E.Elliott 26-121, Prescott 6-18, Rd.Smith 2-7.

PASSING- WAS, C.McCoy 24-38-3-268. DAL, Prescott 22-31-0-289.

RECEIVING- WAS, Jo.Reed 6-75, Doctson 6-66, T.Quinn 5-26, Bibbs 3-19, V.Davis 2-73, A.Peterson 2-9. DAL, A.Cooper 8-180, E.Elliott 5-22, Jarvin 2-25, Gallup 2-19, N.Brown 1-22, Olawale 1-10, Hurns 1-7, Beasley 1-5, Schultz 1-(minus 1).

MISSED FIELD GOALS- WAS, None. DAL, None



USA TODAY Sports

New Orleans Saints wide receiver Tommylee Lewis (11) celebrates a touchdown catch with quarterback Drew Brees (9) in the first quarter against the Atlanta Falcons at the Mercedes-Benz Superdome. The game was still in progress at press time with the Saints up 24-10 in the fourth quarter.



USA TODAY Sports photos
Notre Dame head coach Brian Kelly.



Michigan head coach Jim Harbaugh.



Clemson head coach Dabo Swinney.



Alabama head coach Nick Saban.

Central Florida’s ascent livens up an otherwise stagnant playoff rankings

By Chuck Culpepper
The Washington Post

November gridlock persisted this week when the College Football Playoff rankings kept a top eight identical to last week, which was a week in which it kept the top 10 identical to the previous week. Only the first appearance in the top 10 by any Group of Five program, with UCF’s bob from No. 11 to No. 9, provided any curious bubbling. No. 1 Alabama (11-0), No. 2 Clemson (11-0), No. 3 Notre Dame (11-0) and No. 4 Michigan (10-1) remained in the top four spots aspiring toward the four-team playoff to be announced on Sunday, Dec. 2. Just beneath those lurked No. 5 Georgia (10-1). The 13-member selection committee, in its weekly meetings in Grapevine, Tex., discussed transposing Alabama and Clemson but decided against, chairman Rob Mullens said, but did not include Notre Dame into that discussion even though the Fighting Irish have the strongest win in the country this season (over No. 4 Michigan) plus three other wins against

top-25 teams. “When you look at those, we see Alabama and Clemson, through Week 12, as more complete teams, with strengths on both sides of the ball,” said Mullens, the athletic director at Oregon, describing the Alabama-Clemson discussion as ongoing and weeks-long. Alabama has appeared in the top four in 25 of the 29 rankings so far during the five seasons of the College Football Playoff concept, with Clemson appearing in 22 and nobody else appearing more than eight times. After the top five came perhaps a mini-controversy when No. 8 Washington State (10-1), which continued to gather note as a formidable side when it ran up a 55-14 halftime lead on a 5-5 Arizona team toward a 69-28 win last Saturday night, remained in the spot it has held for all four times this season. The committee left the Cougars behind No. 6 Oklahoma (10-1) and No. 7 LSU (9-2). The committee members - five athletic directors, five former coaches, one university president, one former player and

one journalist - left Oklahoma at No. 6 even after it finished a three-game run in which it has allowed 46 points to Texas Tech, 47 to Oklahoma State and 40 to Kansas. Oklahoma ranks No. 87 in total defense, No. 78 in yards-per-play defense and No. 86 in scoring defense. LSU remained ahead of Washington State for the Tigers’ stout collection of victims, which include No. 5 Georgia, set against the Cougars’ schedule. In non-conference games, LSU scheduled and defeated Miami (Fla.), which has struggled at 6-5, but which is a Power Five member, unlike the three non-conference conquests of Washington State (Wyoming, San Jose State and Eastern Washington). Washington State will get a chance at masking that shortcoming Friday when it gets a visit from No. 16 Washington (8-3) in the annual Apple Cup fracas. Before this season, no team from the Group of Five, the sport’s second tier, had exceeded No. 12 in any of the 25 rankings across the first four seasons. UCF bucked that last week

when it inched from No. 12 to No. 11. Then, after its 38-13 blasting of then-No. 24 Cincinnati on Saturday night, the Knights leapfrogged Ohio State to take up the No. 9 spot vacated by West Virginia, which slid only to No. 13 after its 41-31 lead turned into a 45-41 loss at Oklahoma State. No. 13 West Virginia (8-2) plays Oklahoma on Friday in Morgantown. Left at No. 10 was Ohio State (10-1), which clung to a 52-51 overtime win at Maryland when the latter missed a two-point-conversion pass to end a long afternoon of play. Much like Oklahoma, the Buckeyes suffer from some eyesore defensive numbers, ranked No. 73 total, No. 92 in yards-per-play allowed and No. 52 in scoring. “While UCF may not have the depth of talent that Ohio State has,” Mullens said, “the committee felt they’re playing more as an all-around team than Ohio State, after Week 12.” Week 13, of course, will bring Ohio State the chance at upward mobility when No. 4 Michigan arrives in Columbus. As to why the committee con-

tinues to rank Oklahoma at No. 6 and Ohio State at No. 10 when the two share traits of runaway offense (Nos. 1 and 2 in total yardage per game) and troubled defense, Mullens said of Oklahoma, “Their only loss is to a ranked Texas team (No. 14) on a neutral site.” Ohio State’s only loss occurred at Purdue (5-6), by a 49-20 blowout. Notable with the list Tuesday was its number of four-loss teams - five - when, at this stage last season, there were none. That exemplifies the top-heaviness of the sport this season, the large gap from the primo contenders to the others ranked, and the difficulty some poll voters have had in finding obvious teams to fill out lists. Still, where the Associated Press and coaches’ polls released on Sunday included Army at Nos. 23 and 24, respectively, the Knights (9-2) did not make a debut in the committee’s top 25. That left Navy as the only service academy thus far to appear on the list, as it did for five weeks in 2015 (peaking at No. 15) and for three weeks in 2016 (peaking at No. 19).

ANDERSEN

From Page D1
grew up with his sister, who’s two years older, and his parents on a ranch about nine miles outside of town. He typically avoids talking about himself and his accomplishments on the field, and when others bring that up, he down-plays what he’s done. Each week, Troy recovers from the hits he takes by icing and trying to take advantage of time off. For at least once this fall, Troy spent a Saturday not having to worry about how his body felt after a game. He watched NAIA rivals Montana Tech at Montana Western in his hometown. He enjoyed the steak that his mother, Nicole Andersen, cooked. The mental break was as beneficial as the physical one. Troy has been stretched in ways rarely seen at the college level. Originally recruited as a linebacker, he moved to running back before last season, subbed in at linebacker occasionally, remained there during spring ball and moved to quarterback this past summer. Just 21 games in, he’s already experienced success many don’t in an entire career. “I’m not going to put his talent in a box,” Montana State head coach Jeff Choate said. No matter the situation coaches have placed him in, Troy has thrived. He’s captured the attention of opponents with his uncanny skill set shaped by the environment he grew up in. He enters this week’s FCS first-round playoff game against Incarnate Word on Saturday at Bobcat Stadium with six consecutive 100-yard rushing games, most in school history. His career mark of nine moved him in the top 10 all-time. He was also unanimously voted a first-team all-Big Sky quarterback this week by the conference’s coaches. Montana head coach Bobby Hauck was asked about the strength of Montana State before last week’s rivalry game the Bobcats won. The question was meant to be about the Bobcats’ defense, but

Hauck quickly chimed in. “I think that quarterback is the strength of their team,” he said. Whenever Troy holds the ball and begins to sprint, fans lean forward and can’t help but watch what he’ll do next. He’s rushed for at least one score in all but one game this year. Nine of his 19 rushing touchdowns have been from at least 30 yards out. Regardless of his lack of downfield passing, Troy has captivated a fan base and lifted No. 23 Montana State (7-4) to the playoffs because of his ability to seemingly create magic when he breaks outside the pocket. The electric plays Troy makes on the field doesn’t match his personality off it. He describes himself as a simple guy and denies being interesting. During the Bobcats’ media day in August, Troy was asked if he wrote a story on himself what would it be about. “I’m only 19 so I guess it’s still Chapter 1,” Troy said. If this is Chapter 1, then the prelude begins down a dirt road and inside a five-level farmhouse built in the 1890s. His family moved out eight years ago after building a new home next door and recently tore the farmhouse down. A stairwell looped around the entire structure. A ladder to the loft on the top floor was frequented by Troy and his sister, Holly Andersen, and their friends who visited. The house wasn’t too easy to heat with a wood stove, but for two energetic children, it was the perfect fit. Inside the long, skinny living room, the Andersens placed a mattress that was only supposed to be there temporarily. But Troy and his father formed a ritual of playing catch, and the 5-year-old Troy would leap onto the mattress to make diving plays. Scott would ask if Troy ever wanted a break as sweat dripped from his body. He declined every time. Near the basketball hoop in the driveway, that old house is now just a pile of dirt. But that house and the property the Andersens bought 22 years ago



Rachel Leathe / Bozeman Daily Chronicle
Montana State quarterback Troy Andersen, recruited as a linebacker, has six straight 100-yard rushing performances entering Saturday’s FCS playoff game against Incarnate Word. The winner advances to play at North Dakota State Saturday, Dec. 1.

helped lay the foundation for Troy’s childhood. “People kind of take it for granted while you’re out on the farm, but then everybody always says ‘I wish I lived on the farm,’” Troy said. “You’re like, ‘Yeah, you’re right. It’s pretty cool.’” Scott and Nicole didn’t overbear their children with work, and Troy helped out in the summer or on weekends. He’d cut, bale and rake hay and help move cows. His parents tried to make it fun so their two kids would be inclined to assist in the future. While Troy enjoyed helping his parents, he’d often text them, “Open gym?” to see if he could leave for a few hours to play ball. They allowed him because they understood how finite an athletic career could be. The teammates Troy played with from his early days grew up together and provided key contributions to Beaverhead County’s state titles in football and basketball when Troy was a junior and senior. Entering his junior year, Troy transitioned from receiver to quarterback for the Beavers. He began spending his lunch periods with Zach McRae, an unofficial assistant coach at the time. The two broke

down film in a classroom and honed the nuances of playing the position. Thus the groundwork for Troy’s quarterback career was set. McRae is now the team’s head coach, and meeting for lunch with him has become status quo for quarterbacks, a tradition Troy helped start. “He was kind of the first

quarterback coach I had I guess,” Troy said. “... He helped me a lot with mechanics and footwork and all that stuff. One of the bigger influences on my football career to this point.” Troy’s list of athletic accomplishments grew. He won track and field state titles in the 100 and 200 meters in each of his junior and senior years, a state title in basketball as a junior and a state championship in football as a senior. The summer entering Troy’s senior year, he attended Montana State’s recruiting camp. As a safety and quarterback in high school, Choate wanted to find out if he could play other positions. So the head coach told former secondary coach Gerald Alexander to run Troy through some drills to test his movement. Alexander gave instructions once, and Troy immediately picked up on what was asked of him. “Oh yeah. He’s a dude,” Choate recalled Alexander reporting back to him. “He can probably play safety, he can probably play linebacker, he can probably receiver, he can probably play tight end.”

But quarterback in college never crossed Troy’s mind. He didn’t expect to play as a true freshman. He was just happy to contribute last year, let alone win the Big Sky’s freshman of the year award predominantly as a running back. Bob Cole, Montana State’s former quarterbacks coach, described Troy as bigger and faster than 2013 Heisman Trophy finalist quarterback Jordan Lynch, whom Cole coached at Northern Illinois. Choate mentioned former Washington Huskies linebacker and running back Shaq Thompson when asked if he’s coached anyone at the college level with as much positional versatility. But Thompson, currently on the Carolina Panthers, didn’t play quarterback, and Lynch played behind center throughout his career. “Dude’s just a player. I think that’s the best thing to describe Troy,” wide receiver Travis Jonsen said. “He’s just a player, and he’ll get things done no matter what.” “He’s a rancher at heart,” linebacker and Dillon native Kyle Finch said.

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‘BACK TO BEING WHO I AM’

West Fargo Sheyenne’s Mya Lambert showing little ill effects of 2016 cancer scare

By Clay Cunningham
ccunningham@forumcomm.com

West Fargo
Nearly two years removed from the worst time of her life, Mya Lambert can still remember the exact moment everything hit her.

It’s not that Lambert, who at 16 years of age was diagnosed with Hodgkin’s lymphoma just before Thanksgiving in 2016, was ignorant to the severity of her situation. After more than a month of constant doctor’s appointments and chemotherapy sessions, Lambert says she at least had the illusion of normalcy to cling to, as there was little showing on the outside to indicate anything was wrong.

But in short order, that illusion faded entirely, and reality was, quite literally, staring her back in the face.

Knowing she had to cut off her hair, Lambert asked Alexis Hoffner, her best friend since she and her family moved to West Fargo from Minot two years earlier, for assistance.

Going in, Hoffner says the mood wasn’t entirely somber, as the friends even discussed the possibility of sampling different looks for Lambert to try once her hair grew back.

But by night’s end, all good feelings were gone. As a bald reflection stared back at her from the mirror, Lambert knew she’d be looked at differently the next time she returned to the halls of West Fargo Sheyenne High School.

“Until I actually cut my hair...nobody could really notice because everything looked normal from the outside,” she said. “I just kept crying. I think I fell asleep crying.”

Fortunately, in recent years, Lambert has rarely felt the need to shed more tears.

After roughly four months of procedures, Lambert was given a clean bill of health in February of 2017 and told the chances her cancer would ever return were “really low.”

A three-sport athlete at Sheyenne, Lambert has not faced any physical limitations since getting a clean bill of health, missing only her sophomore basketball season.

In her senior year as a defensive specialist for the Sheyenne volleyball team,



Michael Vosburg / Forum Photo Editor

West Fargo Sheyenne’s Mya Lambert, center, celebrates a point against Bismarck Century during a quarterfinal match at last week’s North Dakota Class A state volleyball tournament in Minot.



David Samson / The Forum

West Fargo Sheyenne’s Mya Lambert, who has overcome a scare with cancer, sends love to her bench during a volleyball match earlier this season.

Lambert was part of team history, as the Mustangs qualified for the Class A state tournament for the first time, winning two of three matches to earn a fifth-place finish at last week’s tourney in Minot.

Having lived in Minot until she was 14, competing

at state was a particularly special moment for Lambert, who got to play in front of several extended family members who still live in the area.

Mustang Volleyball Coach Leah Newton says the tenacity Lambert has shown in her personal life has

transferred over to the court and proven to be a strong motivating factor for her teammates.

“The appreciation she has for the little things, I think carries over to the rest of the girls,” Newton said. “Having to see her fight through everything and come out the other side, they appreciate things more.”

Though she still has to go in for checkups every three months, Lambert talks about them as if they’re simple errands as opposed to invasive medical procedures. When asked when her next checkup is, she doesn’t even seem to know the specifics, passively saying she goes back to the doctor “in like, one or two months.”

And while Hoffner at one point had to fight back tears when discussing the plight of her friend, Lambert shows no such emotions, saying her bout with a disease that has long since left her body has done little to impact her current life.

“It doesn’t really affect me much anymore,” she said. “Just when other people talk about it.”

That resolve hasn’t gone unnoticed by the people

around her.

“She’s an amazing person,” Hoffner said. “It’s really sad to see that happen to someone so young and not be able to control anything about it. But it’s also a great thing to see how strong of a person she’s become.”

With college on the horizon, Lambert is trying to decide between North Dakota State, North Dakota and Minot State, where she plans to study “something in the medical field,” though she has no concrete plans as to what that something is.

Though partially influenced by her health scare, Lambert’s interest in medicine was piqued well before then by her father Matt, an anesthesiologist.

Wherever the next phase of life takes her, Lambert says she’s just excited to think her college experience may actually mirror the one she imagined in the days before her diagnosis.

“I’m just glad I’m healthy and feeling alright and can get back to being who I am,” she said.

Reporter Clay Cunningham can be reached at (701) 241-5536

Fargo powerlifter holds national and state records

By John Miller
jhmiller@forumcomm.com

FARGO — Dave Stensland of Fargo remembers his first set of weights. His father bought it for him at a garage sale when Stensland was in middle school. He lifted all through high school and college, and still does today, but with far more intensity.

Stensland is from Oberon, N.D., which is about 27 miles southwest of Devils Lake and has a population of 105, according to the 2010 census.

About a year-and-a-half ago, he was with a few friends from the gym to watch a local powerlifting event at Metroflex in Fargo.

“I noticed a lot of the guys (lifting) in my weight class, I could do more weight than them and thought ‘I could do this,’” said the 220-pound Stensland.

After realizing he could hold his own in competitive powerlifting, Stensland inquired with a judge about the next competition and signed up.

In July 2017, Stensland participated in his first event, which was held at Fargo Shanley High School.

Going in, he didn’t know what to expect. After signing up, he was told by another lifter that he was going to get his butt kicked.

It turns out Stensland was the one who did the butt-kicking, as he took home first place.

“When I won I was kinda surprised because I wasn’t really paying attention to what the other guys were lifting in my class,” Stensland said. “I was just focusing on myself and my lifts.”

Stensland has participated in eight powerlifting events. In March, his squat of 584 pounds, bench press of 358 and deadlift of 600 at the North Dakota State Open in Williston, N.D., were good for the North Dakota state record for his weight class.

His accolades go beyond the state level. This past summer, his lifts of 600, 369 and 644 pounds at the North Dakota Powerlifting Championships at Shanley were good for the national records in the squat, bench press and deadlift, respectively.

Stensland needed to total 1,536 pounds at the North Dakota State Open to qualify for the 2018 International Powerlifting League (IPL) World Powerlifting Championships in Las Vegas. He totaled 1,542.

On Saturday, Nov. 10, at the IPL championships, Stensland had his eyes on another milestone. His goal was to break the world record deadlift of 650 pounds for his weight class. While training



Submitted photo

Dave Stensland poses with his gold medal at the 2018 International Powerlifting League World Powerlifting Championships in Las Vegas.

for the IPL championships, he hit 655 pounds.

He attempted the record lift, but was unsuccessful. His deadlift of 633 pounds was good for second place. He did, however, take home a world title in the bench press with his mark of 358 pounds.

“I’m a little disappointed in not hitting the world record, but I’ll take a world championship and a second place anytime,” Stensland said.

“The guy who beat me for deadlift, he’s a team USA member. I don’t feel bad for getting beat by someone who travels and does this for a living. Being from a small town and getting into this thing, to be in that company is an honor in itself.”

Between now and his next round of events, Stensland is looking at potentially changing his regiment and hiring a coach. Currently, he adjusts and works on things via trial and error.

“I might actually get with someone for training to help fine tune some things,” Stensland said.

Another consideration is going down a weight class. To do so, he’d have to drop to 198 pounds.

“If I did that I’d have to make a lot of adjustments; more cardio and have to adjust the nutrition stuff,” Stensland said.

To fuel him for workouts and events, Stensland eats six to seven times a day from 6:30 a.m. to 9 p.m. His diet is high in protein and carbs and includes items like steak, hamburger, eggs, rice, chicken and protein shakes. As competitions approach and he needs to drop weight, he cuts out a portion of the carbs.

Stensland works out at Courts Plus Community Fitness in Fargo. Often working out with him is his wife, Katie, who is

also a record-setting powerlifter. Since they workout together, they don’t have to try planning ahead for date nights.

“We get to go on a date every night at the gym when it’s just me and her,” Dave said.

He convinced Katie to start training for competitive powerlifting after his first event.

“I doubt myself a lot and he helps push me,” Katie said. “It’s nice to have that person there cheering you on and positive for you when you’re doubting yourself.”

Katie’s squat of 281 pounds and deadlift of 303 at the North Dakota State Open earned her a state record for each lift. Her max lifts are 319 pounds in the deadlift, 143 for bench press and 300 for squat.

Like her husband, Katie was successful at her first competition. She took the top spot in her weight class.

“I was more shocked that I won it for my weight class, that was really cool,” Katie said.

Dave said seeing her win has been one of his favorite memories.

“With having my wife compete, it’s one of those things when I was able to get her to her first meet and have her win her first meet ... that’s how a coach would feel.”

