FINDING INSPIRATION

Bison's 40-year-old training student source of motivation. SPORTS



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THURSDAY, NOVEMBER 18, 2021

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Police work the scene of a shooting that took place at a north Fargo business on Wednesday, Nov. 17, 2021.

David Samson / The Forum

2 dead in Fargo shooting Suspect turns himself in after opening fire at business

was taken from the scene to a By David Olson and

April Baumgarten The Forum

Fargo wo people died and one man was arrested Wednesday afternoon, Nov. 17, after a shooting at a north Fargo business, according to Fargo Police Chief David Zibolski. One of the victims, a man,

Fargo hospital where he was pronounced dead, Zibolski said. Attempts to save a female victim were not successful, and she died at the scene.

Police said Wednesday afternoon that officers were working to identify the victims, and they asked anyone with information about the matter to call 701-241-1405. The shooting suspect,

identified by Fargo police as Anthony Reese Jr., 35, of Moorhead, turned himself in at the Fargo Police Department, 105 25th St. N., which is about two

blocks from the shooting scene.

Reese Jr.

murder.

The incident at 401 27th St. N. was reported to police at 2:10 p.m.

When officers arrived, they found the man and woman with gunshot wounds. Officers immediately began to search the building, looking for the suspect and any other potential

School board member could face censure

Benson under scrutiny for lobbying lawmakers

> By C.S. Hagen The Forum

FARGO — Fargo School Board member Jennifer Benson is at risk of being cen-



sured once again as other members allege that her efforts to lobby state legislators pan-

on demic issues violated the board's policies.

On Nov. 11, Benson began lobbying North Dakota lawmakers by sending them emails in an attempt to sway votes on issues she personally believed in, according to emails provided to The Forum.

Although the Fargo School Board has not taken stances on the issues that Benson addressed in her emails, board protocol states that to publicly voice differing and personal opin-

Police sald Reese was arrested and being held on suspicion of two counts of

shooters. **SHOOTING:** Page A6

ions as a board member **BENSON:** Page A6

Lisa Budeau off of Valley News

Budeau gone from Valley News Live as hits keep on coming

MIKE McFEELY

Fargo ongtime morning anchor Lisa Budeau is no longer employed by Valley News Live, but neither she nor television station management will give details about

the departure. Budeau co-hosted news-based "Valley Today" with Jordan Schroeer from 4:30-7 a.m. weekdays and



Forum file photo

Vetter from 9-10 a.m. weekdays. **BUDEAU:** Page A8

marrow transplant **By Patrick Springer** Wednesday, Nov. 17.

Sanford does bone

The Forum FARGO — Sanford announced Health its first bone marrow transplant in what it calls a milestone toward its efforts to make the Roger Maris Cancer Center a national destination for cancer treat-

ment. The transplant, which harvesting involved the cancer patient's own bone marrow, was completed in late October and announced on **SANFORD:** Page A8

The procedure was performed to collect the patient's stem cells, which will be stored and infused after the patient receives chemotherapy.

"This is a major milestone," said Dr. Ammar Alzoubi, a hematologist and director of the Sanford blood and bone marrow transplant program. Completion of the first autologous

INSIDE TODAY'S FORUM



BUSINESS: 84 Italian Steakhouse opens in downtown Fargo's Radisson Blu. PAGE A7

Business A7
Classifieds C1-C3
Comics B7
Crosswords C3
Life B5-B6
Opinion A5
Sports B1-B4

Today's weather



29° 19° Mostly cloudy Details, B8

No plans to declare emergency during spike

By Dana Ferguson and **Alex Derosier** The Forum

co-hosted the lifestyle

show "North Dakota

Today" with Heidi

Lisa Budeau.

ST. PAUL New cases, positive test rates, deaths and hospitalizations for COVID-19 remained high in Minnesota Wednesday, Nov. 17, amid a steadily worsening wave of infections in the state.

Hospitalizations remain at their highest since December of last year, reaching 1,382, while test positivity rates and seven-day rolling average cases remained among the highest in the U.S. at 70.9 per 100,000 people.

Gov. Tim Walz on Wednesday said he had



Joe Ahlquist / Post Bulletin

U.S. Sen. Amy Klobuchar is reflected in a pillar while Gov. Tim Walz speaks during a Wednesday news conference at Mayo Clinic in downtown Rochester, highlighting the availability of the COVID-19 vaccine for children.

state of emergency in state continued to rank Minnesota to com- among the top in the no plan to reinstate a bat COVID-19 as the country for new cases,

hospitalizations and deaths.

The governor made the comments from Helsinki, Finland, on a call with reporters. Walz is on a trade mission to Finland and the United Kingdom this week.

He said the emergency declaration that offers him additional powers to act without the approval of the Legislature would be less helpful to the state now that systems were in place to vaccinate people against the illness and test for COVID-19.

"It's just not that effective a tool right now to use that," Walz said,

COVID: Page A6

CAL NEWS

A2 | THURSDAY, NOVEMBER 18, 2021 | THE FORUM

Explorer Academy opens, 'challenging norms' of education

By C.S. Hagen The Forum

Fargo auded as the "example for the state," the new Explorer Academy held its grand opening Tuesday, Nov. 16. More than 100 people

attended the event, which has been in the works for nearly five years, said Fargo Public Schools Superintendent Rupak Gandhi.

The academy, a school within a school, is an extension to Lewis and Clark Elementary School, offering specialized help for Fargo students who face behavioral challenges. The \$11.8 million project took vears to finish because parents and school board members argued for and against such a facility.

Some parents said training for special education was needed more for teachers; however, the district had no separate setting for students with extreme behaviors.

Inside the academy, sharp corners are difficult to find. The walls are rounded. Soft lighting and wall projectors present a calming atmosphere. Much of the furniture is soft, and the sensory gym, which was created to help children build confidence in themselves, resembles an entertainment center, said instructor Nate



Fargo Public School board members and partners, along with Fargo Mayor Tim Mahoney, cut the ribbon at the grand opening of the Explorer Academy on Tuesday.

Hendrickson.

"We had to challenge the norms on how we deliver education," Gandhi said, adding that the building's uniqueness will help remove triggers that lead some students into misbehavior or agitation.

"This is the first investment into students recognizing that some students have special needs," Gandhi said. The stories the students in the academy will create

in the future won't be the ones on the front page, he said, but will be

'stories of normalcy." Explorer Academy Principal Justin Lien said that "every nook and cranny has a story," which will help support the whole child, socially and emotionally to enhance academic success.

"It took an entire village — sometimes neighboring villages to make this dream possible," Lien said.

Kim Pladson, executive director of TNT Kid's Fitness & Gymnastics, a partner with the academy, said she believes student potential will be unlocked through movement.

"A child is a gift waiting to be opened. This is what this school means to the community and what this school means to the state," Pladson said. "We are shaping the future. A

third of our population, our children, are 100% of our future. We're setting the example for the state."

Dr. Tonya Greywind, assistant director of the North Dakota Center for Distance Education, said the SmartLab is based on hands-on projects and experiences and is equipped with drones, 3D printers and "an explosion of opportunities."

The sensory gym has

ziplines and trampolines and, in the center, a pit with soft, foamy pillows. It's a place where children can "crash and crash safely," Hendrickson said.

►►► INFORUM.COM

The gym presents fun and challenges, and is designed to increase body awareness, problem solving and expressing difficulties.

Many rooms inside the academy have no doors because isolation is not a part of the school's program. Students also have access to calming rooms, and a mental health gallery is available as well

Teachers and staff also have their own Zen Room where they can decompress and recharge, Lien said.

The Explorer Academy's mascot is the Wolves, which was inspired by North American Indigenous 7 Grandfather Teachings that represent the animal with humility, according to a press release from Explorer Academy.

"The wolf is strong and powerful alone, but finds its greatest strength when it is part of the pack," the press release stated.

"We recognize that no two learners are the same," Gandhi said, adding that the Explorer Academy was a true reflection of the Fargo School District.

Readers can reach Forum reporter C.S. Hagen at 701-241-5535.

Officer cleared after shooting at unarmed man

By David Olson The Forum

MOORHEAD — When a Moorhead police officer fired his gun at a fleeing man on July 4 his use of potentially deadly force was reasonable, according to a prosecutor who reviewed the shooting. At the request of Clay County Attorney Brian Melton, a prosecutor in the Crow Wing Countv Attorney's Office, Kelsey Hopps, reviewed the shooting for possible criminal charges against the officer. Hopps' review of the matter, released Wednesday, Nov. 17, says the case involved Moorhead Police Officer Andrew Werk and a 24-year-old man named Isiah Richard Hopkins.



patrol near 404 rise in Moorhead when saw a gold

officers while possess- Later, Werk encountered ing a gun on an occasion Hopkins in a courtyard before the July 4 incident. between two apartment On July 4, buildings and approached Werk was on Hopkins to take him into custody, all the while giving loud verbal com-Sun-Circle mands. Werk reported that Hopkins took what Werk he interpreted to be a shooter's stance with his arms extended and pointing at Werk, to which Werk responded by firing his gun at Hopkins four times "Officer Werk believed Hopkins was pointing a firearm at him and feared for his life, so he aimed his firearm at Hopkins and shot four times in an attempt to end the threat," Hopps wrote in his review. Hopkins was not struck by any of the bullets and fled again, taking a position behind a on foot and at some point van while officers gave fled from Werk and other lost sight of Hopkins. commands to show his



various points Hopkins made furtive movements toward his waistband and he could also be seen holding an object.

Hopp

According to Hopps' review:

Werk was familiar with Hopkins because he had Hopkins motorcycle parked in a

parking lot. Werk knew Hopkins was associated with the motorcycle and after running a computer check on Hopkins, Werk discovered Hopkins had an active felony warrant for felon in possession of a firearm.

Werk called for backup and then noticed Hopkins near the motorcycle. When Werk pulled his patrol car into the parking lot, Hopkins fled.

Werk chased Hopkins

Nick Broadway / WDAY

After a Moorhead police officer shot at a fleeing man. police blocked off the area of 24th Street North and Fourth Avenue in Moorhead on July 4.

hands and surrender.

diately surrender, but was not found during did so a short while later after officers sent a police fact did not change his dog after him and Hopkins put both of his hands up in the air and went to the ground.

In his review, Hopps Hopkins did not imme- noted that while a gun the investigation, that decision to clear Werk, in part because video obtained from apartment buildings showed that at

Werk's response was reasonable and justified given "Hopkin's noncompliance, history of weapon possession, the continuous furtive movements near his waistband and pockets and the observed object in his hand." Hopps noted that Hopkins was known to use drugs, possess weap-ons and to be combative and unpredictable during interactions with officers.

Based on the ongoing case and possible charges against Hopkins in Clay County, no other evidence, including squad car video, will be released at this time, Melton said Wednesday in a statement.

Readers can reach Forum reporter David Olson at 701-241-5555.

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Respond to the questions on our homepage

Yesterday's poll Should term limits for Fargo's city commissioners be changed?

Yes: 51% No: 38% Undecided: 11%

CORRECTIONS

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The newsroom is staffed weekdays from 7 a.m. until 11 p.m. If you're uncertain how to deliver your news or information to us, call our community editor at (701) 241-5501.

COMING UP ON WDAY TV

Tonight on WDAY 6 News: After a fire destroyed their business, Bodyworks Physical Therapy is finally home.

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Minnesota Daily 3: Wednesday results: 8-4-7 Gopher 5: Wednesday results: 10-19-23-32-40 Powerball: Wednesday results: 3-16-48-52-60 Powerball: 1 Power Play: 3 Northstar Cash: Wednesday results: 6-8-11-18-21

ND 2by2: Wednesday results: Red numbers: 18-19 White numbers: 10-15 Lotto America: 6-30-31-40-50 Star ball: 5 Lucky for Life: 7-11-24-28-29- Lucky ball: 9

Man dies, boy injured in north Fargo I-29 off-ramp car crash

Forum staff report

FARGO — A 41-year-old man injured in a crash at 19th Avenue North and Interstate 29 has died from his injuries, and according to the North Dakota Highway Patrol, a 14-year-old boy is seriously injured.

The incident happened at 10:09 p.m. on Tuesday, Nov. 16

Officers said the 2014 Nissan Altima was being driven off the road and struck a traffic light on the north side of 19th Avenue.

According to NDHP, there was an incident inside the car prior to the crash that caused the passenger to gain control of the steering wheel.

Both occupants of the vehicle fic light. were transported to a Sanford hospital, where the 41-yearman was pronounced old dead. He was not wearing a

by the adult man when it went seat belt. The 14-year-old boy, who was wearing a seat belt, suffered serious but not life-threatening iniuries. according to police.

Following the crash, that section of 19th Avenue was shut down until around 3 a.m. while crews repaired the traf-

The Fargo Police Department, the Fargo Fire Department and F-M Ambulance assisted at the scene.



Two people were hurt in a car crash Tuesday on the off-ramp of Interstate 29 and 19th Avenue North in Fargo.

WDAY

Abandoned Argusville school to finally come down

By Barry Amundson The Forum

ARGUSVILLE, N.D. -A long abandoned school building here that has been condemned for more than four years is finally going to come down.

Cass County Commissioners this past week voted unanimously to give the current owners - James and Deborah Baumler — 30 days to demolish the structure about 15 miles north of Fargo. Otherwise, the county will do so and assess them for the work and back taxes, as well as put a lien on the nearly \$7 million in property,

mostly farmland, they own in the county.

The dangerous property, in a report from a few years back, said 50% of the school was decayed with a partially collapsed roof, failing exterior and boarded up windows.

The board canceled a possible sale of the property for Tuesday, Nov. 16, after the county officially took over the property for the Baumlers' failure to pay taxes last month.

Commissioners said they didn't want to go through another delay in having the building torn down if the property was sold.

Commission Chairman Chad Peterson also said he doubted anyone would buy the property, as the estimated cost for demolition is between \$250,000 to \$450,000, including needed asbestos removal.

"I would think they could do it (demolition) for a lot less," said Peter-son about the 30-day option for the Baumlers to tear the building down themselves. "It's not a safe building."

The Baumlers, who quit paying property taxes on the building starting in 2018, had a few contacts with the Argusville City Council and at one point said they wanted more time to sell the structure.

At numerous meetings neither the couple, who purchased the building in 2008, nor their representatives attended. When contacted by

The Forum this week, Jim Baumler declined to comment.

Chief Deputy State's Attorney Tracy Peters said the cleared land could be sold, which tax law says would then be taken off the Baumlers' bill. However, the couple would be responsible for the demolition costs and back taxes.



Michael Vosburg / The Forum The former Argusville school building is seen Monday in Argusville, North Dakota.



State detective requested T. Denny Sanford's electronic records in probe

By Christopher Vondracek The Forum

SIOUX FALLS, S.D. -Unsealed search warrants reveal that a detec-

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Denny Sanford's data as part of a child pornography investigation.

The Minnehaha County Clerk of Courts unsealed the search warrants from 2019 and 2020 for phone and email records of billionaire philanthropist Sanford

cial Circuit Judge James hosted by Sioux Falls-A. Powers signed off on five warrants, granting a detective permission to seize internet, phone and records" email records from Ver-izon, AOL, Microsoft and June 27. Midco.

The records sought by DCI special agent Jeff Kollars hone in on two 2019 dates in particular, May 29 and June 27.

In the first subpoena, Kollars filed a request on Dec. 9, 2019, to seize "all messages," including deleted ones, from Sanford's AOL email account with Dulles, Virginia-based Oath Inc., beginning in Jan. 1, 2019, through the subpoena request.

off on a subpoena for securing records for cy opinion issued at the an online account with end of October. Microsoft in Brookings County.

based Midco related to Sanford's IP address, as well as "all available call records" held by Verizon Wireless, on May 29 and

At the time, court documents reveal that Kollar was involved in "an ongoing investigation involving the posses-sion and distribution of child pornography via the internet," a Class 4 felony in South Dakota punishable by up to 10 years in prison and a fine of \$20,000.

The records, which had been under a judge-granted gag order requested by the same DCI agent, were ordered That same day, Kollars released by the South by the Unified Judicial also requested Powers Dakota Supreme in a System earlier in the day high-profile transp aren-The Division of Criminal Investigation us under the auspices of the state Attorney General's Office. While spanning hun-

ments reveal for the first time the extent to which Attorney General Jason Ravnsborg participated in the case, at least by the middle of the summer of 2020, emailing back and forth with Powers.

On July 20, 2020, still over a month before the case would become public, Ravnsborg wrote Powers, "[T]here are multiple states and jurisdictions involved in this matter," including the Department of Justice.

In an email to Forum News Service Wednesday, Sanford's attorney Marty Jackley reiterated that his client has never been charged with a crime. Court records unsealed confirm what had alrea been reported, namely that the AG's office had handed off the child pornography case to DOJ.



EXPERIENCE the BEST

While the 85-year-old Sanford has never been charged with crimes stemming from the investigation, the records – which came just before 5 p.m. Wednesday, Nov. 17 — disclose for the

By Dan Gunderson

MPR News

MOORHEAD, Minn. -

The USDA Office of Tribal

Relations announced this

week that it will partner

with several Native-led organizations on projects to raise awareness of

Indigenous perspectives about food and agricul-

Powers signed both documents, as well as late subpoena requests from Kollars that came first time that 2nd Judi- in March, seeking data dreds of pages, the docu-

Christopher Vondracek is the South Dakota correspondent for Forum News Service. Contact Vondracek at cvondracek@forumcomm. com, or follow him on Twitter: @ ChrisVondracek.

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ture. "The United States government hasn't always incorporated Indigenous views and values into our work. And that's particularly true within the food and agricultural space," said Heather Dawn Thompson, director of the Office of Tribal Relations and a member of the Cheyenne River Sioux tribe.

"We're taking this moment to rethink how the United States Department of Agriculture interacts with and thinks about Indigenous foods and Indigenous farming and ranching tech-niques," said Thompson. Two regional seed

processing centers will be created through the Minnesota-based Native American Food Sovereignty Alliance.

USDA will help fund equipment for the facil-

Dan Gunderson / MPR News 2011 Bear Island corn comes from an island on the Red Lake Reservation in northern Minnesota.

western U.S.

"Some of this equipment is quite pricey and difficult for the average producer or seed saver to acquire on their own," said Thompson. "So these will become regional hubs that will be available to Native producers to share and use in a cooperative fashion, in order to process their seeds and save them."

Minneapolis-based North American Traditional Indigenous Food Systems will develop recipes using tradition- as a positive step toward al Indigenous foods and increasing food securiities, one in Minnesota foods provided to tribal ty and food sovereignty of federal policy."

and one in the south- communities through the federal Emergency Food Assistance Program, said co-founder and executive director Dana Thompson.

Sean Sherman, founder of the Sioux Chef, will create a series of healthy recipes and cooking videos, and California chef Crystal Wahpepah will create recipes and videos with ingredients from the west and southwestern United States.

"We are honored to participate in this exciting initiative and see this said Thompson. There will also be a

video series on wild food foraging and sustainable gathering practices produced by Linda Black Elk, food sovereignty coor-dinator at United Tribes Technical College in Bismarck, North Dakota, and Lisa Iron Cloud, Oglala Lakota from Rapid City, South Dakota.

Other projects will expand a program to help market Indigenous foods and create guidance to help tribes transition to bison production.

The University of Arkansas-based Indigenous Food and Agriculture Initiative will create a report on regulatory changes needed at the USDA to empower tribal self-governance of federal food programs.

The projects are small, with funding coming from the USDA internal budget, but Thompson said the plan is to build on what's learned over the next couple of years and to expand the tribal initiatives.

"We're really excited about this," said Thompson. "It's possibly, hopefully, reversing 200 years



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USDA to focus on Indigenous food, ag in tribal communities," Mil Branz

Fargo man valued asset to NDSU marching band

By Kevin Wallevand WDAY

FARGO — A trip home for spring break in March 2015 changed everything for Elias Youngblom.

Despite all the bar-riers and setbacks, he is back on campus and once again playing a big role with North Dakota State University's Gold Star Marching Band this time, on the other side of the drum.

On Friday, Nov. 12, Youngblom and his drumline were prepar-

ing for rehearsal. When WDAY first met Youngblom, he was at a special rehab center near the Twin Cities recovering from a horrible crash in 2015. A drunk driver going the wrong way on Interstate 94 collided with his car

near Fergus Falls. When Sanford AirMed brought Youngblom to Fargo, he was barely alive. Severely injured, he lost a significant amount of blood, and the crash took his sight. "The first 24 hours pretty tough were

because we didn't quite that initially following dwell on the negatives, know if he was going to make it," said Young- was left wondering what spend time feeling sorry blom's mother, Tracy to do after such a dra-Youngblom. "But then, matic life change. immediatealmost ly after that, he started making these improvements.

week, he demonstrated how he uses a laptop and special software to compose music for the NDSU Gold Star Marching Band — specifically for the drumline he works with.

Youngblom

"Especially after the accident and losing my making these improve-ments." sight, there was a lot of questions. Like, 'What When WDAY News am I going to do with caught up with Elias this my life?'" Youngblom said. "The fact I can still do this and do it effectively and there's still a place that I can be a valued asset, it's great. It's huge. It's what keeps

for himself.

"No, no, that is a waste of time," he said. "Wallowing in self-pity is not productive. It doesn't make anything better. My sight is not going to come back if I feel bad or feel good, it's just not going to."

With an upcoming wedding and hours spent doing what he has done for years, it is his love admits doesn't allow himself to saved his life in 2015 half-time show. sity and the people who forces as part of the

that convinced Elias he can do anything. "It's all been kind of a

part of my getting back to being a real human and figuring out that there is lots in life to

do," Youngblom said. Youngblom will be with the band Saturday, Nov. 20, at the Fargodome where the Gold Star Marching Band will play as the Bison face off against the University of South Dakota at 2 p.m. The band will play a tribute to the armed

Heroes recognized for pulling man from burning truck

By Matt Henson WDAY

DEVILS LAKE, N.D. — On Tuesday, Nov. 16, at the Devils Lake Ambulance Garage, for the first time, the family of 21-year-old Holden Mack got to meet four men who saved his life.

The cameras were out as Jeremy Swanson, Scott Willoughby, his son Cody and nephew Brady Ouart were all presented with the Colonel's Award for Excellence by the North Dakota Highway Patrol.

"To me, it was like a helpless feeling. I didn't know if we would get him out," Scott Willoughby said.

On Sept. 25, the Willoughby family was working on a new home along Highway 2 when they heard a loud bang just a few hundred feet away.

Mack had just rear-ended a farm truck as it was turning off Highway 2. His pick-up then caught fire, with the mangled metal funneling all of the flames right onto Holden.

"He was hollering; he could feel the pain from the flames on him," Scott Willoughby said.

Cody Willoughby took off his shirt to try to knock down the flames as the other men worked to get Holden out. But the pickup was so crushed they couldn't get in.



A total of six men rescued 21-year-old Holden Mack from his burning pickup on Highway 2 back on Sept. 25.

couldn't get too close. We'd reached in there and patted him out, and then the heat would be on us, so we had to trade people out and the next person would go in and try to keep the fire off of him.

That's when someone driving by gave the men a tow rope, and Scott was able to bend the window frame down by pulling it with his pickbeing trapped for more than 5 minutes. People poured water on him until an ambulance arrived.

"He had a will to live; he really wanted to get out of that vehicle. Because he had that will, he got out," Ouart said.

Less than a minute later, the pickup was consumed by the fire.

"(The) airbag was explod-

"(Because of) the heat, we belt. Holden was finally able the back of his pickup was buldn't get too close. We'd to get out of the pickup after exploding," said Holden's father, Kelly Mack. "So they had stuff flying at them, too, besides trying to get him out. They were dodging stuff that was exploding around them."

Holden had life-threatening burns on half his body. He was flown to a Twin Cities burn unit.

"I just hit the ground and started crying and screamby pulling it with his pick- "(The) airbag was explod- ing. She (his wife) had to take up. Another man cut the seat ing, the spare tire he had on the phone from me," Kelly

Mack said.

Two months later, it was a big day Tuesday in Minneapolis as Holden took his first sip of water on his own since the crash. With the exception of some scarring, he is expected to make a nearly full recovery. However, it won't be easy. He will undergo a rehabilitation routine six hours a day, and he likely won't be able to return home to Edmore, North Dakota, for a few months.

Holden's parents said one of the first things he will do once he returns home is meet the men who saved his life.

"He's a fighter. He's bound and determined to get out of there," Kelly Mack said.

Even as they got to shake each man's hand for the first time, the Mack family said not even a million thanks are enough to convey their gratitude. "(It's)

overwhelming," Kelly Mack said.

"You don't know what to say. You just look at them and you think, 'They saved my child,'" said Holden Mack's step-mother, Karla Mack.

The Highway Patrol has since identified the two other people who helped rescue Holden and plan on getting them colonel plaques, as well. One of them said he already

got his award in saving Holden's life.

Smithfield Foods workers: OSHA settlement a 'slap on the wrist'

By Jeremy Fugleberg The Forum

The union representing tember 2020, pointing workers at the Smith field Foods pork slaughterhouse in Sioux Falls, South Dakota, says it is unhappy with a recently announced settlement between the company and federal officials over the COVID-19 outbreak at the facility in 2020. The COVID-19 outbreak at the plant, one of the worst early outbreaks of the pandemic, killed four workers and sickened nearly 1,300, including hundreds of family members and other close contacts, and fueled a rising surge in the surrounding community. On Monday, Nov. 15, the Occupational Safety and Health Administration said it had reached a settlement with Virginia-based Smithfield over a single citation issued for the outbreak, with the company agreeing to pay a \$13,494 fine and make changes to its health and safety protocols. "Our leaders have a responsibility to protect America's frontline workers who have been bravely putting their lives at risk to keep our country's food supply chain strong through-out this crisis," said B.J. Motley, president of the UFCW Local 304A, which represents workers at the Sioux Falls plant. "This deal is nothing more than a slap on the wrist for Smithfield and a deeply troubling betrayal of the men and women who have already sacrificed so much in this pandemic."

OSHA officials first announced the single SIOUX FALLS, S.D. - citation and fine in Sepout it was the maximum fine for the single violation it found at the plant: failing to provide a workplace free from recognized hazards that can cause death or serious harm. Calling the outbreak "tragic" in a Monday statement announcing the settlement, OSHA **Regional Administrator** Jennifer Rous said, "We must ensure that all steps in the agreement are followed to prevent a mass outbreak from happening again." But the workers' union rejected OSHA's position that the settlement and



deserve with meaning- our resources on efforts ful action to strengthen to vaccinate our entire worker safety protec- workforce." tions," Motley said. While Smithfield Foods agreed to the OSHA settlement, it continues to admit no wrongdoing in the matter. In an emailed statement. spokesman Jim Monroe characterized the decision to settle as more of a peacemaking measure with federal workplace safety officials. "Settling with OSHA and avoiding litigation allows Smithfield to continue the good relations it has with the agency, as we have the shared goal of workplace safety," he said. "We are happy to put this behind

ers and their families us and have focused

Asked for comment on the union leader's remarks, Monroe described his company as "grateful for the hard work and dedication of its employees."

Contributed

Jeremy Fugleberg / The Forum

The Smithfield Foods pork processing plant in Sioux Falls, South Dakota, on April 16, 2020.

Smithfield were suffi- disappointed that OSHA cient.

Falls Smithfield work-

agreed-to changes by ers, UFCW Local 304A is has failed to deliver the "As the union for Sioux real accountability these South Dakota work-

"For its part, in the early days of the pandemic Smithfield identified and implemented health and safety measures before any guidance was forthcoming from any government agency. Those efforts continue to this day," he said.

Fugleberg is the South Dakota news director for Forum News Service and health correspondent for NewsMD. He can be reached at jfugleberg@forumcomm.com and on Twitter: @jayfug.

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INFORUM COM

Whiteness, racism and privilege

By Holly Hassel any North Dakotans by now have seen the legislative approval of House Bill 1508 whose stated goal is the "prohibiting of teaching critical race theory in public schools." Many recent national news articles have unpacked topics like defining CRT, pointing out that no K-12 school in the country actually teaches something called "critical race theory" to children. So if HB 1508 isn't about CRT, what is it really about and why has it gained so much traction?

What the bill actually reflects is the unwillingness of our state to reckon with the consequences of past policy and economic decisions. Whiteness, racism and privilege are hard for white people (in many places, but here in particular) to confront. The reasons are nearly always because of an emotional barrier that prevents us from living up to our values—empathy, accountability and equity among others.

I write this because it is painful to see legislation pass that takes away teachers freedom and students' right to learn about the history of our country, whether it is palatable or not. Our increasingly diverse communities here in the state deserve a fair understanding of the past and the present; pretending that the actions of the past do not affect our future are a disservice to our schools.

I grew up in Brainerd, Minnesota, a few hours east of here (insert non-Fargo "Fargo" joke here), a white kid in a nearly all-white town, to white working-class parents, where I went to a nearly all-white school. In such an environment, it is difficult to see whiteness as anything other than normal, natural and universal.

It wasn't until I gained some distance and knowledge that I was able to understand the topics that HB 1408 wants to prevent schools from talking about: white privilege and structural oppression. These terms have specific definitions—and I admit they are not very user-friendly. But they helped me (and maybe can help you too, if you are a white person in North Dakota reading this) grasp the role of history and policy in shaping today's national landscape. Tim Wise's "White Like Me: Racism and Privilege in America," for example, powerfully narratives how the author grappled with his family history and how benefits accrued to him as a white man in America—whether he wanted them or not. More recently, Robin D'Angelo's "White Fragility: Why It's So Hard for White People to Talk about Racism," and Iljeoma Oluo's "So You Want to Talk about Race" offer road maps and ways of understanding that can create a space for white people to understand how structural racism influences our nation today. Gen Z youth (like my own two children) see right through that. Other sources than school and adults shape their worldviews. Trying to legislate conversations students can have as part of their education—here, three hours from where George Floyd was murdered by Derek Chauvin in the street—only puts on display to youth that adults are out-of-touch and disingenuous. The best path forward is foster conversations that allow students to grapple with injustice: They may not be any one person's fault, but they are everyone's responsibility.



A busy week for ND lawmakers

het Pollert was right. The North Dakota Legislature managed to wrap up its special session in just five days. As majority leader in the House of Representatives, Pollert deserves credit, which he must share with his Senate counterpart, Rich Wardner of Dickinson, who shepherds a chamber that has grown as unruly as the House has more commonly been.

The session accomplished two important goals. It created new legislative districts and it blew through a billion dollars in just five days. Much of the heavy lifting of budgeting and redistricting was done ahead of the session. There were other developments, but none as significant as these.

Sen. Ray Holmberg, R-Grand Forks, had an especially large role. He chaired the Redistricting Committee with his House counterpart, Rep. Bill Devlin of Finley. Holmberg also chairs the Senate Appropriations Committee. Rep. Jeff Delzer of Underwood is his counterpart in the House. These committees put in many hours ahead of the session. The new district lines met some resistance. mostly from legislators whose political futures are imperiled by the changes. The new map shifts legislative power away from rural areas to growing cities and from the eastern part of the state to the fast-growing west. It also swept some of the Republican Party's mischief makers into districts where they will face competition from more centrist legislators. What the new map does not do is shift power away from Republicans. The GOP grip on the state's political system is in no danger of weakening as a result of this remapping. Another important change is the creation of sub-districts in two districts with large native populations. Some legislators objected, but the argument that federal courts would invalidate the plan without the subdistricts was ultimately convincing. At first glance, sub-districts ought to favor Democrats, but a closer look suggests the results will be a draw. Dividing District 4, which contains the Fort Berthold reservation, likely will cost Republicans a seat. The incumbent there is



Terry Jones, a fervent member of the rightleaning Bastiat Caucus. On the other hand, dividing District 10, which contains the Turtle Mountain reservation, will likely mean a Republican gain, because the native population will be the majority only in one subdistrict.

The really consequential change is in McKenzie County, which had greater population growth in the last decade than any other county in the United States. That means Oil Country will have greater representation than before, and that's not limited to McKenzie County. Other districts in the northwestern part of the state were tightened up because populations in those districts grew and some parts were moved to other districts.

The biggest losers in the remapping effort are in the northeast including Grand Forks County, where population increased but not by enough to save the one rural district in the county, which got pasted onto the Traill County district. This happened a bit farther west, as well, where districts grew larger because of population losses. The same thing happened in the southeast corner of the state. It's too early to tell what the ramifications of this might be. That will depend on the candidates who come forward and those who win seats in the 2022 election. The session's other accomplishment was spending \$1 billion in federal COVID relief funds. These became available through the American Rescue Plan passed early in the Biden administration. The deadline to use the money is several years away, but Gov. Doug Burgum urged lawmakers to spend it now on infrastructure and tax relief, arguing that infrastructure will be cheaper because interest rates are low, and the state is rich and can afford to rebate some of its wealth to taxpayers. Lawmakers bought both arguments, but not without some hesitation.

The governor's tax relief plan means lower taxes by exempting Social Security benefits from taxation and giving every income taxpayer up to a \$350 credit (\$700 for couples) in each of the next two years. Some lawmakers had wanted to make the reduction in income taxes permanent.

The largest infrastructure items drew some opposition, too. One, an appropriation of \$150 million as seed money for a natural gas pipeline to eastern North Dakota, faced opposition from other fuel suppliers, but it passed anyway with an add-on to build a short gas line from Minnesota to Grand Forks in order to meet the needs of a corn milling plant that's chosen to build here.

The Senate saw a lastminute attack on the next biggest infrastructure bill, for buildings on college campuses in Grand Forks, Minot and Bismarck. State Sen. Janne Myrdal of Edinburg tried to strike the funds, arguing that the decision should wait for the 2023 session. Her amendment was voted

A proposal for renaming two post offices

INION

n Friday, along with the entire Minnesota House delegation, I proposed two

bipartisan bills that would rename two post offices in the 7th District.



The Oklee Post Office would be renamed the Coya Knutson Post Office, in honor of the first Congresswoman

MICHELLE **FISCHBACH** United States Representative

"Coya" Genevive Gjesdal was born in Edmore, North

from Minnesota.

Ms. Cornelia

Dakota, in 1912 to Norwegian immigrant farmers. She attended Concordia College in Moorhead before moving to New York City and attending Julliard School of Music with dreams of becoming a professional opera singer. Later, she moved back to Minnesota, where she married Andy Knutson and moved to his farm near Oklee, where they eventually operated a hotel and grain farm and adopted an eight-year-old boy, Terry. In 1955, she became the first female elected to Congress from the state. She served from 1955 until 1959, where she primarily focused on protecting the family farm and opening educational opportunities. Later, President John F. Kennedy appointed Knutson the liaison officer for the Department of Defense. In her retirement, Coya moved in with her son's family and helped raise her grandchildren. She passed away Oct. 10, 1996, at the age of 82.

The Vergas Post Office would be renamed for Jon Glawe, a veteran who dedicated 36 years to delivering mail in the Vergas area. Glawe was drafted into the U.S. Army in 1970 and served as a sergeant stationed in Frankfurt, Germany, until he was honorably discharged in 1972. In 1973, he married his high school sweetheart, Darla Olson. After the passing of his father in 1975, Glawe moved home to operate the family dairy farm with his brother and deliver mail to the town of Vergas and the surrounding areas for 36 years until his retirement in 2011. This mail route was more than a job for Jon. In a way, it was his birth right, because it was the same route his father worked. And, like his father, Jon was beloved by this community. Despite having two full-time jobs, he was always there to give a helping hand, from mowing lawns to delivering important packages after hours to volunteering at his church. He thrived on being with people, had a terrific sense of humor, and could make a friend out of a stranger. He set an example for all those around him on what it meant to lead a good and decent life. Glawe passed away in 2016 at the age of 66. I'm honored to be able to commemorate these individuals who made such an impact on their communities.

Holly Hassel is a member of The Forum's Readers Board. She is a local professor of English and women's and gender studies. down.

The session began with a raucous demonstration on the Capitol grounds, a preliminary to a consideration of a batch of so-called "social" issues. These were aimed at mask and vaccine mandates and so-called "critical race theory," which lawmakers ordered banned from the state's classrooms. While these got a lot of ink and air time, they are of little real consequence. Educators can't avoid teaching the truth of American history, which involves both slavery and genocide. These are issues that we Americans have to face – while holding on to another truth in our national history, which is that human rights are won. As for mask mandates and vaccinations: The sooner we each assume responsibility for our neighbors, the sooner we will be rid of this virus.

Here again it's worthwhile to read and recognize the aspirations of the U.S. Constitution, which aspires to "a more perfect union," suggesting that the United States didn't start out perfect. We have to work at it.

Mike Jacobs is a former editor and publisher of the Grand Forks Herald.

Fischbach, R. represents Minnesota's 7th Congressional District in the U.S. House of Representatives.

Government contacts Here's how you can contact government representatives in North Dakota and Minnesota.										
	North Dakota									
Legislatu	re (888) 635-3447									
City of Fa	irgo (701) 241-1310									
City of West Fargo (701) 433-5300										
Minnesota										
House										
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By mail to: Letters to the editor The Forum Box 2020 Fargo, N.D., 58107

By email to: letters@ forumcomm.com

Active COVID-19 cases up in ND, November death toll climbs

By Adam Willis The Forum

BISMARCK — The following are COVID-19 case rates, deaths and hospitalizations tracked by the North Dakota Department of Health as of Wednesday, Nov. 17. Because all data are preliminary, some numbers and totals may change from one day to the next.

Statewide case rates NEW CASES **REPORTED WEDNES-**DAY, NOV. 17: 630

► ACTIVE CASES: 3,424

RATE: 6.9%

KNOWN TOTAL THROUGHOUT CASES **PANDEMIC:** 156,740

► TOTAL RECOVERED THROUGHOUT PAN-**DEMIC:** 151.485

Cass County, which encompasses Fargo, had the most known active cases on Wednesday with 854 cases. Burleigh County, which includes Bismarck, had 426 active cases, and Ward County, which includes Minot, had 299.

The state's 14-day rolling average positivity rate

► DAILY POSITIVITY was 7.4% as of Wednes- October was by far the the open beds are in small day, up by nearly half a percentage point from the pandemic so far this last week.

Hospitalizations,

deaths ► ACTIVE HOSPITAL-**IZATIONS:** 148

► DEATHS: 8

TOTAL DEATHS: 1,831

North Dakota reported eight new COVID-19 deaths on Wednesday, pushing November's death toll to 41, with 29 of those deaths reported since the end of last week.

state's deadliest month of year, with 164 registered virus deaths.

fell on Wednesday and are down from 168 on Sunday, but many health care centers remain crunched for capacity, mainly due to high noncoronavirus admissions.

available intensive care beds and 164 regular inpatient beds across the state in the latest update to a health department database, though most of

BRIEFS

Virus hospitalizations

beds.

The state reported 13

hospitals with limited capabilities. Fargo's three hospitals reported a combined five ICU beds and six inpatient beds, while Bismarck's two hospitals reported two open ICU beds and two inpatient

Vaccinations

► FIRST DOSE ADMIN-**ISTERED:** 426,965 (67% of population ages 12 and up)

► FULL VACCINE COV-ERAGE: 367,238 (57.6% of population ages 12 and up)

BOOSTER DOSES ADMINISTERED: 76,657 (22% of population ages 18 and up)

►►► INFORUM.COM

These figures come from the Centers for Disease Control and Prevention, which includes vaccinations performed at federal sites and reports slightly higher vaccination rates than the state's vaccine dashboard.

The Department of Health encourages individuals to get information about vaccines at www. health.nd.gov/covidvaccinelocator.

Threat of violence at Moorhead middle school deemed not credible, officials say

MOORHEAD Snapchat of a handwritten note that threatened school violence was turned in by a Horizon East Middle School student to school administrators on Wednesday morning, Nov. 17.

School and law enforcement officials investigated the threat and "deemed the threat not credible and appropriate action has been taken," according to a notification sent to parents at 1 p.m. Wednesday. The details of the threat or the action Reserve president to taken were not released. Though officials said they followed the Cass Clay Unified Response threat assessment protocol, which includes a search.

"We understand that incidents of this nature raise concern for parents, students and staff. Please be assured that the Horizon campus is calm and students and staff are safely engaged in learn-

said in the notification.

Minneapolis Federal visit Moorhead

MOORHEAD - President of the Federal Reserve Bank of Minneapolis Neel Kashkari and former Minnesota Supreme Court Justice and Minnesota Vikings star Alan Page will be visiting community leaders in northwest Minnesota this week to talk about education achievement gaps in the state.

The event, which

local officials, will be a discussion on Thursday, Nov. 18, from 4:30 p.m. to 5:30 p.m. at Minnesota State University Moorhead, with its Chief Diversity Officer, Jered Pigeon, serving as moderator.

Also participating in the Moorhead event will be Minnesota Humanities Center CEO Kevin Lindsev and West Central Initiative Foundation President Anna Wasescha.

It will be a virtual event to try to limit the numing activities," officials includes other state and ber of people in atten-

dance, but Kashkari and Page will be personally in attendance with the other panelists.

The meetings across the area are aimed at addressing inequity and ensure that all Minnesota children can reach "their highest self and lead in our society, democracy and economy."

The discussions will focus on disparities facing children of color as well as low-income students.

The goal is also to build a "child-centered education system of the Foundation.

future" through what Kashkari and Page propose as an amendment to the Minnesota Constitution that they say will strengthen education in the state.

Kashkair and Page will also visit Viking Elementarv School in Pelican Rapids at 1:30 p.m. on Thursday, and will travel to Bemidji on Friday, with stops at JW Smith Elementary School at 1 p.m. and the American Indian Resource Center at 2:30 p.m.

Page is also co-founder of the Page Education

COVID

From Page A1

noting that the declaration could also worsen tensions between the DFL governor and the GOP-led Senate. "Just get vaccinated, that's the big thing."

While the state of emergency had been the right move early in the pandemic to scale up testing, personal protective equipment and vaccines, it was no longer needed to prevent COVID-19 deaths, Walz said. And if he declared it, more Minnesotans could choose not to follow state masking requirements or shutdowns.

Walz said it was "demonstrably false" that reinstating his emergency powers would bring down COVID-19 cases in the state and said he needed the help of lawmakers to approve flexibility and funding for hospitals that were

strained from a tide of COVID-19 cases.

To date, Walz and leaders in the divided Legislature have been unable to compromise on the terms that would allow them to return to St. Paul for a special legislative session to take up hero pay for front-line workers, hospital relief measures and support payments

for farmers. In a Wednesday statement, Senate Majority Leader Jeremy Miller, R-Winona, said Senate Republicans are open to a special session.

"We remain ready to come back for a special session to address frontline worker bonus pay, drought relief, and immediate COVID needs," Miller said. "The governor is the only person who can call a special session and we look forward to continuing discussions with the governor when he gets back from his trade mission."

pandemic than the Senate Republicans had done during the course of the pandemic. And, again, he refused to call back lawmakers if the threat of losing Health Commissioner Jan Malcolm remained on the table.

Senate Republicans have said they have a right to confirm or terminate state commissioners.

"I can't afford to lose someone at the department of health who is getting these vaccines out and making a difference," Walz said. Earlier in the day, Walz

and the department of health announced that two federal emergency staffing teams would be deployed to Minnesota to relieve medical staff at Hennepin County Medical Center and St. Cloud Hospital. They are set to begin treating patients next week.

Malcolm said additional The governor on Wednes- hospitals had requested relief day said his administration staffing but the federal gov-

had done more to curb the ernment had a limited number to send out. The state is also set to open a third alternative care site at Cerenity Senior Care-Marian of St. Paul beginning Monday, Nov. 22.

The decompression site will take patients transferred out of hospital settings that aren't vet ready to return home. The center will be able to accept 27 patients at a time, primarily from Twin Cities area hospitals. Alternative care sites have also opened in Brainerd and Shakopee.

Walz said the state was considering additional sites, too, if COVID-19 hospitalizations continue to grow in Minnesota.

Following are the Minnesota Department of Health COVID-19 case rates, deaths, hospitalizations and vaccinations as of Wednesday, Nov. 17. Because all data is preliminary, some numbers and totals may change from one day to the next.

► TOTAL CASES, INCLUD-**ING REINFECTIONS:** 861,235 ► TOTAL REINFECTIONS: 9,433

► SEVEN-DAY, ROLLING

AVERAGE OF NEW CASES PER

100,000 PEOPLE: 70.9 (as of

Statewide case rates

▶ NEW CASES: 3,457

11/9)

SEVEN-DAY, ROLLING AVERAGE TEST POSITIVITY **RATE:** 10.5% (as of 11/9)

Hospitalizations, deaths

► ACTIVE HOSPITALIZA-**TIONS:** 1,382

► TOTAL HOSPITALIZA-TIONS: 43,827

DEATHS, NEWLY **REPORTED:** 46

► TOTAL DEATHS: 9,093

Vaccinations

► FIRST DOSE ADMINIS-**TERED:** 3,562,569 or 68.4% of population ages 5 and older

► COMPLETED SERIES (2 doses): 3,331,979 or 63.9% of population ages 5 and older

2015, Reese was found

ago, and Melet Plastics

they know what may

Details of that case

SHOOTING

From Page A1

Medical assistance was immediately called, and the man who had been shot was taken to a local hospital, where he was pronounced dead. Emergency workers tried to save the wounded woman, but she died at the scene, police said.

Zibolski said the business where the shooting occurred was Composite America.

whether the victims were employees of the business.

It was unknown

A company called Composite America began at 401 27th St. N. in Fargo in the early 2000s creating materials out of hemp, flax and jute that were used to make interior panels for machinery, vehicles and airplanes, according to a story in The Forum's archives.

The founders of Composite America sold the business to Melet Plastics about 11 years

continued to operate the north Fargo business, according to a story published by FM Extra in 2020.

The Melet Plastics website lists the Fargo address as one of its two locations, the other being in Winnipeg, Manitoba. Messages left with Melet Plastics seeking comment were not returned.

Zibolski said officers have recovered the gun they believe was used in the shootings. Police have not said whether

have motivated the shooter.

Yellow police tape could be seen sealing off the Melet Plastics property Wednesday afternoon, as well as around the parking lot of the Fargo Police Department.

According to the Minnesota Department of Corrections website, Reese was free on supervised release in connection with a 2013 conviction in Benton County, Minnesota, for criminal sexual conduct. were not available Wednesday night, but online court records indicate Reese pleaded guilty to a charge of criminal sexual conduct in the third degree in Benton County District Court in 2014.

That same year, Reese was given a sentence of four years in prison, which was stayed for 15 years on the condition that he serve a year in jail and successfully complete 15 years of supervised released. In September of

to be in violation of his probation and was ordered to serve his original 48-month sentence, with credit given for having served 521 days, according to online court records, which said that after his confinement Reese was to be on conditional release.

Online court records also indicate Reese was convicted in 2015 in Benton County for illegal possession of a firearm, for which he received a five-year sentence.

BENSON

From Page A1

goes against policy, said Board President Rebecca Knutson.

Benson, a board member since 2014, told The Forum that she did not violate any school board policies. Benson said she was not representing the board in her lobbying efforts and that her voice should not be silenced.

"I don't see it as a violation in any way, shape or form. It's more about let's personally attack the person willing to speak the truth even in the face of adversity. They come at me personally and it's unfortunate and this is one more example," Benson said.

Benson included her school board title on emails she sent from her personal and Fargo Public Schools addresses to lawmakers expressing her support for parts of a bill that the North Dakota Legislature considered in a special session this month.

Benson's emails, sent to at least 16 legislators, confused some elected officials and prompted board member Robin Nelson, on the Govern-

mental Affairs Committee, to send a clarifying note to lawmakers on Nov. 12.

'Please be assured that the Governmental Affairs FPS Committee has not taken any positions related to these items. Ms. Benson's opinions neither represent this committee's position, nor do they represent the Fargo School Board's position," Nelson wrote.

Benson works as an area business specialist for Janssen Pharmaceuticals, a company owned by COVID-19 vaccine-maker Johnson & Johnson.

Among other topics, she lobbied state legislators to ban state licensing boards from taking action against doctors who prescribe off-label FDA-approved drugs (Law-makers ended up passing a bill that prohibits such action against prescribers of ivermectin, an anti-parasite drug that's become a popular unsanctioned treatment for COVID-19).

"Please advocate for direct access to the life-saving medical treatments, includmonoclonal antibodies ing and ivermectin on behalf of all North Dakotans for both vaccinated and unvaccinated

patients needing this treatment," Benson wrote in an email to elected officials, adding that "discrimination based on 'vaccination' status should never be allowed."

Benson also supported imposing penalties of up to a year in jail or a \$500,000 fine for pharmacists who deny a prescription of a medically-necessary drug (Lawmakers ultimately declined to enact such penalties).

"This is where we lose America. If we fail to act on this, we will fail to safeguard the freedom that we are supposed to hand down to our children and grandchildren," Benson wrote.

Knutson said Benson's actions were not in line with board policies that say a board member's responsibility is to represent board positions, not their personal opinions, even if they don't agree.

"The board operates as a unit, so it can become a challenge when someone doesn't agree with a decision of the board. But this is: 'I don't agree with a certain position of the board and I'm making a purposeful decision to not abide by the policies,'" Knutson said.

members at most face censure, Knutson said. Censuring Benson would mean the board publicly expressing their disapproval of her actions, but otherwise the step would not carry a penalty.

"By censuring it means we don't agree with what you're doing or saying, and it doesn't mean you can't participate. A person is elected and they have to fulfill their elected duties under Century Code," Knutson said.

Benson has been censured twice before: once in June 2020 for making accusations against district leadership, and again in June 2021 for repeatedly not wearing a mask during board meetings when district policy required her to do so.

As a result of Benson's pattern of behavior, the board may discuss options for bolstering its disciplinary policies, Knutson said.

"Maybe we need to strengthen policies on how we address board member violations or have an official statement by the entire board saying we don't agree," Knutson said. In addition to lobbying elect-

ed officials, Benson publicly challenged a lawyer who was Such actions from board talking about the legal rights

of school districts to mandate masks on Oct. 29 in Bismarck during a North Dakota School Boards Association convention, Knutson said.

"When I heard about this and it's deeply disturbing because this is involving another entity now. You're there representing the Board of Education; you're not there to represent your own view-points," Knutson said.

Benson defended her actions, saying that hard conversations were needed and that she questioned the attorney on issues related to federal law versus state law.

"I'm all for having hard conversations, but I wish people would leave out the desire to harm others with words. I wish they would just stop that. I don't understand why people feel that's the best way to go about it," Benson said.

The Fargo School Board's Board Governance Committee has a meeting set for 7:30 a.m. Friday, Nov. 19, which could be an opportunity for board members to begin discussing Benson's actions, Knutson said.

Readers can reach Forum reporter C.S. Hagen at 701-241-5535.



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RATE	THIS WK	1MO AGO	1YR AGO	
Prime Rate	3.25	3.25	3.25	
Fed Fund Rate	0.25	0.25	0.25	
TREASURIES		YEST	CHG	WEEK AGO
3 months T-bill		0.05	0.05	0.04
6 months T-bill		0.06	0.07	0.06
52-weekT-bill		0.18	0.17	0.14
2-year T-note		0.52	0.54	0.41
5-year T-note		1.24	1.27	1.08
10-yearT-note		1.60	1.63	1.46
30-vearT-Bond		2.00	2.02	1.83

METALS	LAST	1 DAY	VOLUME	FUELS	LAST	1 DAY	VOLUN
Gold (oz)	1,870.2	+16.10	155,557	Crude Oil	78.36	-2.40	161,07
Silver (oz)	25.17	+0.22	19	Ethanol	2.14	unch.	
Platinum (oz)	1,069.1	-5.40	11,226	Heating	2.36	-0.07	46,94
Copper (Ib)	4.27	-0.09	126	Natural Gas	4.82	-0.36	140,29
Palladium (oz)	2,184.5	+16.90	2,785	Unleaded Gas	2.28	-0.07	53,70

Commodity Futures

	OPEN	HIGH	LOW	SETTLE	CHG.	1	OPEN	HIGH	LOW	SETTLE	CHG.
CORN 5,000bu minimum - cent/b				oushel	LUM	BER		\$/1000 BF			
Dec	570¾	584	570	575¼	4.25	Jan	697.20	712	697	712	45.00
Mar	577	589½	576½	581½	4.00	Mar	710	731	710	731	45.00
May	5811⁄4	593½	580¾	585¾	4.00	May	_	740	_	740	45.00
Jul	5821⁄4	593¾	581¾	586¾	4.00	Sep	_	741	_	769.60	44.90
Sep	558½	568¼	558¼	563	4.00	Nov	_	_	_	769.60	44.90
Dec	548¾	558	548	553	3.25	Jan	_	_	_	769.60	44.90
Yest. s	ales: 163	,150; Op	en inter	est: 376,2	22	Yest.	sales: 132			,	
SOYB	EANS	ļ	5,000bu m	iin - cent/l	oushel	SOYE	BEAN ME		40,0)00 lbs c	ent/lb
Jan	1252	1289¼	1250¾	1277	25.75	Dec	368	382	367½	374.70	7.20
Mar	1263½	1300½	1262½	1288¼	25.00	Jan	362.70	375.90	362.40	368.60	6.40
May	1272½	1308½	1271¾	1296½	24.25	Mar	359	371.90	358.90	364.90	6.10
Jul	1279¾	1314¼	1278½	1302¼	23.50	May	359.20	371.30	359.10	364.60	5.60
Aug	1278¼	1307¼	1274	1296½	22.00	Jul	361.10	373.20	361.10	366.80	5.90
Sep	1259½	1283¾	1255½	1276	19.75	Aug	360½	371.20	360.20	365.10	5.50
Yest. s				est: 250,9	95	Yest.	sales: 49,4	447; Ope	n intere	st: 90,656	
WHEA				iin - cent/l	oushel	FEED	ER CATTI	LE	50,0	00 lbs c	ent/lb.
Dec	812	835	810½	8221⁄4	12.00	Nov	155.80	156.20	155.48	156.07	0.43
Mar	821¾	844	8201/2	833	13.00	Jan	159¼	159½	157.88	158.93	-0.35
May	826½	848¼	8251/2	837½	12.50	Mar	161	161.18	159.48	161.10	0.20
Jul	813	832	8121/2	822¾	9.75	Apr	163.30	163.80	162.13	163.73	0.30
Sep	811	826	8081/2	819¼	10.25	May	164½	165.58	163.85	165.45	0.40
Dec	812¾	827¾	810¼	8211⁄4	10.25	Aug	172.68	173.55	172.30	173.45	0.18
Yest. s	ales: 61,	124; Ope	n intere	st: 91,577		Yest.	sales: 999			, -	
OATS		5.0	00 bu mir	1 cent/b	ushel.	LIVE	CATTLE		40.0	00 lbs c	ent/lb.

	UNIS		5,000	, bu mm	- cenyb	usilei.	LIVE			40,0	JU 105 CE	inyin.	
	Dec	731¾	745	729	739½	9.00	Dec	131.93	132.38	131.80	132.23	0.50	
	Mar	733¼	748¼	728	741¾	12.50	Feb	136	136.45	135.88	136.40	0.30	
	May	717¾	734	715	728¼	11.00	Apr	139.80	140.32	139.70	140.28	0.48	
	Jul	682	686	678	683	7.00	Jun	135½	135.88	135.32	135.78	0.25	
	Sep	560	568	560	569½	7.25	Aug	134.63	135.07	134.48	135.05	0.43	
	Dec	550	550	534	555¼	7.25	Oct	137.05	137.63	136.88	137.60	0.57	
Yest. sales: 378; Open interest: 2,050						Yest.	sales: 12,	177; Ope	n interes	st: 50,742			

MINNEAPOLIS GRAIN 5,000 bu ¢/bushel.									40,00	00 lbs ce	ent/lb.
Dec	1015	1030	1015	1027	12.00	Dec	76.40	76.90	75.93	76.18	-1.55
Mar	1017¼	1035	1017¼	1030½	13.50	Feb	82.20	83.48	82.13	83.15	-0.23
May	1002	1018¼	1001¾	1014¼	12.25	Apr	86½	87.70	86.40	87.53	0.15
Jul	970	981	970	975¼	9.75	May	90.85	91.40	90.63	91.40	0.48
Sep	885	899	885	896¼	10.75	Jun	95.60	96.85	95.58	96.63	0.50
Dec	879¾	890¼	879¾	8881⁄4	9.50	Jul	95.68	96.78	95.60	96.58	0.40
Yest. :	Yest. sales: 2,525; Open interest: 0					Yest. sa	ales: 14,4	150; Ope	n interes	t: 39,149	
Minneapolic Hard Red Spring Wheat											

US STOCKS

MOST ACTIVE	CLOSE	CHG%	VOL(M)	GAINERS	CLOSE	CHG%	VOL(M)
Lucid Group, (LCID)	52.55	-5.35	196.9	Phillips Edi (PHEC)	34.05	+64.02	20,593
Apple Inc. (AAPL)	153.49	+1.65	88.0	lonQ, Inc. (IONQ)	31.00	+17.51	19.5
Ford Motor C (F)	19.96	+0.86	79.8	On Holding A (ONON)	51.45	+12.80	7.9
Canoo Inc. (GOEV)	10.80	+3.35	70.5	ForgeRock, I (FORG)	31.47	+11.91	703,517
New Oriental (EDU)	2.2000	+2.33	68.2	Minth Group (MNTHY)	98.80	+10.69	70,307
Advanced Mic (AMD)	151.34	-0.73	53.4	Guangzhou Au (GNZUF)1.0100	+9.44	63,820
Roblox Corpo (RBLX)	124.70	+7.33	44.0	China Evergr (EGRNF)	0.3765	+9.26	250,394
Banco Brades (BBD)	3.7500	-1.06	41.5	LumiraDx Lim (LMDX)	10.49	+9.04	161,636
StoneCo Ltd. (STNE)	20.70	-34.62	40.1	Helios Tower (HTWSF)	2.2100	+8.96	20,000
taú Unibanc (ITUB)	4.1000	+0.24	38.0				
Visa Inc. (V)	205.06	-4.70	38.0	LOSERS	CLOSE	CHG%	VOL(M)
Norwegian Cr (NCLH)	24.00	+1.52	37.2	StoneCo Ltd. (STNE)	20.70	-34.62	40.1
NVIDIA Corpo (NVDA)	292.61	-3.12	37.1	DLocal Limit (DLO)	34.90	-25.74	12.4
NIO Inc. (NIO)	39.67	-2.46	35.5	Arrival (ARVL)	10.73	-19.02	12.6
Vale S.A. (VALE)	11.81	-2.48	35.9	iQIYI, Inc. (IQ)	7.11	-17.23	32.5
Pfizer Inc. (PFE)	50.87	+2.56	35.3	Rover Group, (ROVR)	11.74		951,743
ContextLogic (WISH)	4.7700	-5.92	33.3	Penske Autom (PAG)	98.43		996,670
Bank of Amer (BAC)	46.51	-1.21	30.9	Roku, Inc. (ROKU)	245.11	-11.34	12.8
QIYI, Inc. (IQ)	7.11	-17.23	32.5	Tuya Inc. (TUYA)	5.65	-11.02	2.1
Clover Healt (CLOV)	6.43	-7.35	31.4	Group 1 Auto (GPI)	188.94		409,335



Helmut Schmidt / The Forum

Monte Jones is the guest experience manager of 84 Italian Steakhouse, which opened to the public Tuesday in the Radisson Blu hotel in downtown Fargo.

84 Italian Steakhouse opens in downtown Fargo's Radisson Blu

By Helmut Schmidt The Forum

Fargo he Radisson Blu aims to fill two downtown dining needs with the opening of 84 Italian Steakhouse. The fine dining

restaurant opened to the public Tuesday evening.

"It's very exciting and it's innovative and it's going to be a great addition to downtown," guest experience manager Monte Jones said Sunday, Nov. 14.

The closing of Toscana in April 2020 ended its 14-year run as a wellloved Italian option. And there are currently no steakhouse specialists downtown, the longtime Fargo and New York restaurateur said. Those are the gaps 84 Italian Steakhouse is well-

placed to fill, he said. Executive Chef Ryan Shearer, formerly of the HoDo, "is just brilliant," Jones said.



The 84 Italian Steakhouse opened to the public Tuesday in downtown Fargo's Radisson Blu hotel.

"So you can have one

Breakfast is available

and Urban 42, in what

Radisson Blu Photo

LOCAL STOCKS

STOCK (TICKER)	CLOSE	CHG%	VOL	STOCK (TICKER)	CLOSE	CHG%	VOL
3M Company (MMM)	183.34	-0.02	2.18M	Kellogg Comp (K)	62.96	-0.62	1.534N
Adobe Inc. (ADBE)	670.67	-0.05	1.216M	Kennametal I (KMT)	39.12	-2.05	292,682
Agilent Tech (A)	161.54	+0.09	835,381	Kimco Realty (KIM)	23.83	+1.10	2.728N
Alphabet Inc (GOOG) 2	2,981.24	-0.01	760,721	Kohl's Corpo (KSS)	56.48	-3.09	5.524N
Amazon.com, (AMZN	3,549.00	+0.23	2.479M	Lowe's Compa (LOW)	245.73	+0.39	6.628N
American Exp (AXP)	179.61	-0.72	3.445M	ManpowerGrou (MAN) 98.53	-3.59	395,95
Ameriprise F (AMP)	302.41	-2.03	483,263	Marsh & McLe (MMC)	167.79	-0.46	1.192N
Apple Inc. (AAPL)	153.49	+1.65	88.043M	MasTec, Inc. (MTZ)	94.70	-1.01	468,02
Archer-Danie (ADM)	65.66	-1.11	1.884M	Mastercard I (MA)	359.17	-2.81	11.713N
AT&T Inc. (T)	24.66	0.00	29.831M	McDonald's C (MCD)	252.69	+0.09	1.348N
Autodesk, In (ADSK)	330.55	-0.93	1.379M	MDU Resource (MDU)	28.76	-0.31	1.227N
	1,893.84	-0.91	121,059	Medtronic pl (MDT)	117.83	-0.14	3.792N
Best Buy Co. (BBY)	132.86	-1.53	1.895M	Merck & Co., (MRK)	82.60	-1.80	9.672N
Beyond Meat, (BYND)	80.47	-3.61	2.979M	Mercury Gene (MCY)	51.78	-1.16	225,32
Black Hills (BKH)	64.54	-0.08	203,691	Meta Platfor (FB)	340.77	-0.64	13.259N
3P p.l.c. (BP)	27.43	-0.87	5.292M	Microsoft Co (MSFT)	339.12	+0.07	18.511N
BP Prudhoe B (BPT)	4.1900	-1.64	59,000	Netflix, Inc (NFLX)	691.69	+0.62	2.658N
Cabot Oil & (COG)	22.25	+20.08	19.28M	NI Holdings, (NODK)	19.56	-0.81	7,26
Canadian Pac (CP)	74.74	-3.20	6.898M	Nokia Corpor (NOK)	5.68	+1.61	16.221
Casey's Gene (CASY)	193.63	-1.39	226,109	Otter Tail C (OTTR)	67.43	+1.54	157,38
Caterpillar (CAT)	202.98	-1.19	3.081M	Owens & Mino (0MI)	42.73	-1.72	643,00
Cedar Fair, (FUN)	47.37	+1.33	265,257	PepsiCo, Inc (PEP)	163.37	+0.04	2.836N
Chevron Corp (CVX)	115.42	-0.45	10.143M	Pfizer Inc. (PFE)	50.87	+2.56	35.315N
Chipotle Mex (CMG)		-1.18	174,812	Plains All A (PAA)	10.41	-1.89	4.023N
Cisco System (CSCO)	56.76	-0.42	30.842M	Polaris Inc. (PII)	121.84	-2.67	367,28
Citigroup In (C)	66.85	-1.31	16.063M	Quanta Servi (PWR)	118.50	-0.83	937,48
CNH Industri (CNHI)	19.14	+1.97	7.007M	Roku, Inc. (ROKU)	245.11	-11.34	12.891
Conagra Bran (CAG)	31.81	-0.56	2.152M		,637.81	-2.24	601,08
CVS Health C (CVS)	92.73	-0.17	3.763M	Silvergate C (SI)	198.99	+0.65	752,02
Daktronics, (DAKT)	5.02	-1.57	758,790	Sirius XM Ho (SIRI)	6.63	0.00	15.112
Deere & Comp (DE)	353.52	-2.35	1.627M	Snap-on Inco (SNA)	217.58	-2.72	547,64
Diebold Nixd (DBD)	8.98	+1.70	1.676M	Starbucks Co (SBUX)	112.52	+0.26	5.726N
Dine Brands (DIN)	85.73	+2.61	190,648	Sun Life Fin (SLF)	56.15	-0.12	484,19
Donaldson Co (DCI)	61.92	-0.58	452,676	Sysco Corpor (SYY)	75.66	-1.14	2.264N
Dow Inc. (DOW)	58.34	-0.88	3.181M	Target Corpo (TGT)	253.80	-4.73	11.776N
Ecolab Inc. (ECL)	232.39	-0.45	551,750		.089.01	+3.25	31.001N
Evergy, Inc. (EVRG)	65.70	+0.49	1.063M	The Boeing C (BA)	226.62	+0.36	10.6
Exxon Mobil (XOM)	64.31	-1.09	15.001M	The Coca-Col (KO)	55.91	-0.55	11.985N
FedEx Corpor (FDX)	247.35	-2.30	2.069M	The Home Dep (HD)	394.85	+0.64	4.445
Ford Motor C (F)	19.96	+0.86	79.806M	The Procter (PG)	147.10	-0.06	4.375N
Gartner, Inc (IT)	335.02	+0.72	264,927	The Sherwin- (SHW)	333.16	-1.62	1.101
General Elec (GE)	101.99	-1.32	8.28M	The Toro Com (TTC)	105.31	+1.33	368,36
General Mill (GIS)	63.12	-0.22	1.832M	The Williams (WMB)	28.21	-0.04	6.813N
GlassBridge (GLAE)	1.0700	0.00	20	Titan Machin (TITN)	33.48	-2.87	125,50
H.B. Fuller (FUL)	78.55	-1.86	500,225	Tri-Continen (TY)	35.64	+0.14	34,03
Honevwell In (HON)	220.49	-0.40	1.891M	U.S. Bancorp (USB)	59.32	-1.98	4.0371
Hormel Foods (HRL)	43.30	+0.49	1.37M	Unisys Corpo (UIS)	20.23	-2.32	365,54
HubSpot, Inc (HUBS)	838.41	-1.60	612,816	United Parce (UPS)	207.85	-1.90	2.495N
nternationa (IBM)	118.06	-0.34	3.859M	United State (X)	24.50	-3.16	12.916N
nternationa (IGT)	29.44	-2.26	2.313M	Verizon Comm (vz)	24.00 51.73	-0.63	16.323N
ntuit Inc. (INTU)	635.06	-2.20	2.313IVI 1.242M	Vodafone Gro (VOD)	15.70	-2.48	7.169
Johnson & Jo (JNJ)	163.28	+0.37			47.81	-2.40	
			5.273M	Walgreens Bo (WBA)			8.636N
Johnson Cont (JCI)	79.59	-0.13	3.572M	Walmart Inc. (WMT)	141.94	-0.86	10.702N
JPMorgan Cha (JPM) Kansas City (KSU)	164.47 304.24	-0.54 -1.91	8.606M 1.407M	Waste Manage (WM) Wayfair Inc. (W)	165.41 263.28	+0.47 -1.93	1.662N 997,43

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Infographics designed and produced by Custom Flow Solutions, LLC



"Chef Ryan – I have never worked with someone as innovative as he is. He has a way of looking at items and seeing and presenting them in an enticing different way than has ever been done before," Jones said.

The wine selection will also be stellar, he promises, thanks to certified sommelier Alex Chubaty.

"Our wine list is truly international. He's (Chubaty) curated a list that has wines literally from every wine producing region on every continent."

The restaurant also has a wine preservation system that allows people to buy individual glasses of wine. glass of while from a \$300 bottle of wine. It may cost you \$50, but you don't have to buy the whole bottle," Jones said.

The 84 Italian Steakhouse replaces the restaurant side of Level 2 Eats + Drinks. The lounge side will eventually be rebranded as BLU BAR.

Steaks take center stage on the restaurant's menu, complemented by gourmet Italian cuisine and seafood.

Appetizers run from \$10 to \$16. Salads are \$12-\$13. Burgers and sandwiches range from \$12 to \$16. The entrees are dominated by meats and seafood, running \$25 to \$40. Pastas range from \$14 to \$17, with an additional charge of \$5 to \$12 for proteins. There is also a selection of desserts. to 10 a.m. Monday through Friday, and 7 a.m. to 1 p.m. Saturday and Sunday.

Dinner at 84 Italian Steakhouse is served 5 to 10 p.m. Tuesday through Saturday, subject to change depending on staffing. It is closed Sundays and Mondays.

A seating touch familiar to those who had been in the Silver Moon supper club are the stylish art decostyle banquettes. Jones wanted the "clamshell" style booths because "everyone loves them."

Jones has been a familiar face for Fargo diners for nearly two decades, having started fine dining favorites Monte's Downtown and the Silver Moon, before moving on to Basie's Restaurant and Lounge Marriott on the city's south side.

Jones says the opening of 84 Italian Steakhouse will bring his culinary journey full circle, adding that soft opening nights held Friday and Saturday, Nov. 12 and 13, were filled with familiar faces.

"The guests who joined us ... the politicians, professors and business owners ... it was just so wonderful to see all these people that I've known so long that are still interested in whatever the hell it is I'm doing. It just couldn't have been any better," Jones said. "I feel like I'm back where I belong."

Readers can reach Forum reporter Helmut Schmidt at (701) 241-5583 or by email at hschmidt@ forumcomm.com

US farmland values rise the most in nearly a decade on crop prices



Erin Hooley / Chicago Tribune / TNS Soybeans are harvested on Oct. 10, 2019, in Manteno, Illinois. Farmland values jumped over the last year thanks to high crop prices.

Bloomberg News

High crop prices are trickling down to agriculture real estate, which have risen by the most in nearly a decade.

Farmland values jumped 18% from a year ago during the third quarter of 2021 in the Seventh Federal Reserve District, a five-state region including all of Iowa and most of Illinois, Indiana, Michigan and Wisconsin, according to the Chicago Fed. The gains come as farmers were bolstered by high incomes and low interest rates, and after corn and soybean futures climbed to multiyear peaks in Chicago amid adverse weather for crops.

Now, the high farmland prices are adding to concerns about inflation, with rising costs for raw materials and transportation leading to increases in food prices.

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Christine T. Nguyen / MPR News

Minnesota Department of Health student paraprofessional Carolyn Enright holds a water sample from a private well in West Lakeland Township, Minnesota, in this 2019 photo. The U.S. Environmental Protection Agency has an ambitious strategy to deal with PFAS - human-made "forever chemicals" that have polluted public drinking water supplies, and accumulated in fish and wildlife.

The Forum

ST. PAUL — Minnesota Pollution Control Agency officials on Tuesday, Nov. 16, said they are hoping to work with hundreds of businesses around the state to test and monitor the spread of PFAS, long-lasting chemicals that can contaminate water and cause data, not just about the leghealth problems in animals and people.

MPCA leaders released a draft proposal on Tuesday that would ask wastewater treatment plants, landfills, airports, chrome plating facilities and automotive shredders to collect samples from their facilities and have them tested for per- and polyfluoroalkyl substances, known as PFAS.

The new rules are aimed at limiting the spread of the Commissioner Katrina Keschemicals before they enter waterways or contaminate

BRIEF

help the state better understand what kind of PFAS are being created by or moved through Minnesota facilities, MPCA PFAS Coordinator ilar approach. Sophie Greene said.

"We're anticipating that we'll get a broad swath of acy PFAS, but also about these newer PFAS that we're expecting to see a little bit more in some of these facilities," Greene said.

The guidelines aren't final. And they could be tweaked before they're expected to take effect early next year. The agency requested public input on the new rules before December 20.

Greene along with MPCA sler said they hoped that asking producers to start testthe air. And the information ing would yield a stronger

gleaned from testing could response than requiring the assessments. The tests can cost up to \$500 per sample. They said Michigan had positive results after taking a sim-

►►► INFORUM.COM

"We recognize that if we can do things with partners in a voluntary or less regulatory atmosphere, we're going to be successful faster." Kessler said, "but we do have authority to require treatment and reduction if this approach shows that more reduction is necessary."

MPCA officials last week reported that for the first time PFAS had been detected in Greater Minnesota waterways. The state now has 26 bodies of water that are polluted by PFAS in levels that don't meet water-quality standards.

Follow Dana Ferguson on Twitter @ bydanaferguson, call 651-290-0707 or email dferguson@forumcomm.com

Hansen Elevator Service banned from North Dakota

Dakota, the state attorney general's office announced Dakota Attorney Tuesday, Nov. 16. Dave Hansen, operating on

BISMARCK — Hansen Ele- behalf of the company, was vator Service has been banned found to have violated confrom doing business in North sumer protection law in Cass maintenance services for four and registration status in the

General Wavne Stenehjem's con- return to perform the work. sumer protection division had received complaints that Hansen failed to provide elevator ed his business's insurance

County District Court. North businesses, solicited advance state. payments and then did not

Additionally, the court ta for at least five years, and found Hansen misrepresent-

Hansen is banned from doing business in North Dakountil he refunds more than \$100,000 to the businesses he defrauded.

SANFORD

From Page A1

bone marrow transplant marks the start of North Dakota's first bone marrow transplant program, he said.

"This process has been a lot of planning, and to see it finally take hold is really gratifying,' Alzoubi said.

The procedure came after two years of plan-

supervise a specialized blood and bone marin a consultant to train staff, Alzoubi said.

Initially, Sanford planned to send stem the patient, who expericells to a lab to be treated and returned, but that didn't prove workable, so Sanford decided to create its own "from scratch," he said.

Roger Maris Cancer Center becomes the latest in the region and ning and preparation one of only 60 or 70

that included hiring a in the nation that have clinical pathologist to the capability to perform laboratory and bringing row transplants, Alzoubi said.

More than 10 million cells were collected from enced no complications. The patient was admitted to Sanford's inpatient oncology unit and received high-dose chemotherapy, followed by stem-cell infusion.

The patient, whose identity was not revealed, is now recovering at home. The patient was treated for multiple myeloma, a cancer of the immune system, with the goal of achieving a remission," "deeper said Dr. Seth Maliske, a hematologist.

Having blood and bone marrow transplant services available at Roger Maris Cancer Center spares patients from having to travel to receive care, typically anywhere from three to 10 hours from home, and spend two to five months away while

Patients from its other marrow for transplant. hubs, in Sioux Falls, Bismarck and Bemidji, will be referred to the program, and other health bone marrow transsystems, including Altru Health System in Grand Forks, are interested infused to treat cancer. in referring patients, Alzoubi said.

Other blood and bone marrow transplant centers in the region include the University of Minnesota, Mayo Clinic, Billings, Madison, Milwaukee, Omaha and Iowa then manipulated to pro-City, Maliske said.

The next phase of Sanford's bone marrow transplant program summer for allogeneic bone marrow transhealthy donor's bone cells and kill them.

receiving treatment. "Having this treat-ment available right here

Plans call for that step to be followed late next

vear with CAR T-cell plants, where genetically modified T-cells are

CAR T-cell therapy is a form of immunotherapy that uses specially altered T-cells — a part of the immune system to fight cancer. A sample of a patient's T-cells is collected from the blood, duce what are called chimeric antigen receptors (CARs) on their surface. When these CAR T-cells involves planning next are reinfused into the patient, the new receptors enable them to latch plants, which involve onto a specific antigen taking cells from a on the patient's tumor

Doctors at Roger Maris Cancer Center are scheduled to perform another autologous bone marrow transplant soon after Thanksgiving, and expect to do three or four others by the end of the year, Maliske said.

"Hopefully after that we'll be able to pick up the volume in 2022," he said.

Once all three programs are in place in 2023, Sanford will seek accreditation for its blood and bone marrow transplant program, Alzoubi said. When fully operational, the center expects to treat 50 to 100 patients per year, Maliske said.

Readers can reach Forum reporter Patrick Springer at 701-241-5522 or pspringer@forumcomm.com.





Sanford Health / Special to The Forum Kayleigh Buescher, a Sanford Health medical laboratory scientist, is shown removing excess plasma from bone marrow cells in the Sanford Cellular Therapies Lab. The cells are divided into doses, frozen, and stored until the donor needs them.

in Fargo-Moorhead is a game-changer," said Maliske, who added that it will help reduce the time and financial burdens on cancer patients.

Sanford's blood and bone marrow transplant is the first in North Dakota, according to Sanford.

BUDEAU

From Page A1

Budeau's Facebook account says she began working at Valley News Live in 2002. Her last day on air at VNL was Monday, Nov. 15. Reached via text

message, Budeau said, "I am no longer at VNL."

She said her attornev is Daniel Phillips at the Solberg Stewart Miller law firm in Fargo. A message left for Phillips was not immediately returned.

In an email message to The Forum, Vallev News Live general manager Ike Walker said, "We do not comment on personnel matters."

Multiple industry sources indicated VNL was unhappy with a Facebook post by Budeau last week that criticized a Fargo restaurant for not giving her father a free meal on Veterans Day. The post has since been deleted.

Another Facebook user. Amber Schaffer. pushed back at Budeau's claims. Schaffer

identified herself as someone who works at Texas Roadhouse. the restaurant Budeau criticized.

In a post, Schaffer said Budeau's accusation "is not factual." Then she disputed Budeau's post on several points and said Budeau did get the meal comped, posting a photo of a receipt.

Budeau was one of the most recognizable and popular personalities on VNL. She was voted 2019's Best TV anchor in The Forum's Best of the **Red River Valley contest** and finished second in the same contest in 2020.

"We have super loyal and friendly viewers. I hear a lot of people say, 'I wake up with you every morning and I feel like I know you.' I like that," Budeau said in a 2014 profile in Area Woman magazine. "I try to stay relatable. I'm a mom just like everyone else who is eating breakfast and looking for that missing glove. I want to keep our viewers. I have the same stresses and family life that they have. I'm just doing my job."

Her departure from the station continues a string of negative news in 2021 for VNL.

In October, political commentator Chris Berg was one of several employees who left the station because they refused to abide by owner Gray Television's mandate to be vaccinated against COVID-19. News anchor Tom Tucker was another who did not get vaccinated and left the station. Both Berg and Tucker joined conservative radio station The Flag, which does not require COVID-19 vaccinations.

VNL's longtime creative services director also left the station over the mandate.

In May, Valley News Live lost in its bid to continue broadcasting North Dakota State football games as it had done since 2007. The rights were instead awarded to VNL rival WDAY-TV, which is owned by Forum Communications.

Readers can reach Forum columnist Mike McFeely at mmcfeely@ forumcomm.com

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ANUFACTURER'S COUP





NDSU can't match Panthers in early-season loss Hot shooting Northern Iowa sinks Bison women in home opener

By Jeff Kolpack The Forum

FARGO — North Dakota State wasn't hitting on all five women's basketball cylinders on Wednesday night. It was hard to find even one or two.

The Bison struggled from the field, had a difficult time containing Northern Iowa guard Karli Rucker and the result was a home opener flop. UNI reversed last year's outcome on the same Scheels Center at Sanford Health Athletic Complex floor with a 76–63 nonconference victory.

After an impressive season-opening win at Wisconsin-Milwaukee, the Bison mistakes," said Bison guard dropped to 1-2 in a couple Ryan Cobbins. "We know of performances that prob- we're a better team than that ably won't fare well against and we'll take care of it in NDSU: Page B3

month. The Bison were picked third in the Summit preseason poll.

"There's an arrogance, maybe, that doesn't need to be there that we haven't earned or deserved at all and that may be part of our problem," said NDSU head coach Jory Collins.

Basic ball handling was a problem. The Bison had 19 turnovers to UNI's six and saw the Panthers come away with 10 steals.

"Just move forward, watch the film and learn from our

the better teams in the Sum- practice and on to the next. mit League starting late next You have about 15 minutes after each game to dwell on it so we'll just move forward as quickly as possible and keep in the back of our minds what we need to work on."

At least NDSU won't have to face Rucker in conference play. The 5-foot-6 senior guard had 27 points in one of the better offensive performances fans may see at Scheels Center this season. Even when the Bison threatened a rally in the third quarter, she was there for the answer.

"She's a good player, a veteran player," Cobbins said. "We just struggled to guard her and hats off to her."



David Samson / The Forum

North Dakota State's Kadie Deaton battles for position against Northern Iowa's Cynthia Wolf at the Scheels Center on Wednesday.



North Dakota State head football coach Matt Entz, left, gives Veteran's Day recognition to NDSU student trainer Demetri Hospidales, who spent time in Iraq as part of Operation Enduring Freedom.

INSPIKING SEKVICEMA Bison's 40-year-old training student source of motivation

Spuds with most state qualifiers ever in swimming

Moorhead girls swim team is fresh off a record-setting section championship meet

By John Miller The Forum

MOORHEAD — It's been a historic season for the Moorhead Spuds girls swimming and diving team.

Last weekend, the Spuds claimed third place and shattered multiple school records at the Section 8AA tournament in Sartell. Furthermore, Moorhead sent the most swimmers to the Minnesota Class AA state tournament in school history. The state tourney is set for Thursday-Saturday at the University of Minnesota's Jean K. Freeman Aquatic Center in Minneapolis. At the section meet, Moorhead's Arianna Hoff set a Sartell pool record and Moorhead school record in the 200-yard freestyle. Hoff swam the event in 1 minute, 53.87 seconds. She continued the trend in the 500 freestyle with a new Spuds school record and state-qualifying time of 5:09.04. Moorhead capped the meet by sending the 400 freestyle relay team of Hoff, Janke, Rodgers and Ishaug to state with a swim of 3:35.95. That time was good for a Sartell pool record and Spuds school record. The Spuds started the section championship meet strong. The 200-yard medley relay team of Ava Rodgers, Abbie Ishaug, Alayna Janke and Maggie Howe finished second with a time of 1:48.9 to qualify for the state tournament. Janke (57.94 seconds) and Rodgers (58.53) finished 1-2 in the 100 butterfly and each qualified for state. In the 100 breaststroke, Ishaug swam a school record 1:06.92 to earn a spot in state for the event.

By Jeff Kolpack The Forum

Fargo ractice had just finished and the North Dakota State football players as usual gathered around Matt Entz to hear the head coach's closing remarks. This time, on Veteran's Day, Entz called an audible.

He asked athletic training student Demetri Hospidales to join him. The reason: Hospidales is a veteran who joined the U.S. Navy when he was 18 years old.

"I was not expecting that," he said. "I was a little embarrassed; people did way more and sacrificed way more than I did.'

Hospidales is 40 years old and going back to school at the NDSU Master of Athletic Training program.

It was time to change the career path.

The last 20 years have been a consortium of military and law enforcement jobs that took him around the world. He was part of Operation Enduring Freedom, the name given to the global war on terrorism following the 911 attacks.

Hospidales served in Iraq. He ended up in law enforcement in the military until 2010 when he decided it was time to get out. He ended up at the VA medical center in Fargo as a federal law enforcement officer and did further training in the fraud investigation field.

That morphed into a position in western North Dakota working for the North West Narcotics Task Force in the oil patch of McKenzie,



North Dakota State student trainer Demetri Hospidales, left, watches the Bison football players go through a drill during practice.

Williams and Divide counties. The oil boom was getting out of control.

"They needed a lot of help," Hospidales said.

He helped for three years. Gradually over time, injuries suffered while on active and law enforcement duty began to catch up to him. Specifically his knees weren't in top shape anymore.

That led him to the athletic training field working with Bison football and women's soccer this semester.

"At least here in football, it's very much like the military," Hospidales said. "There's a wide range of people from all over, but a lot of camaraderie and everybody trying to do better all the time.'

He's become popular with

the players.

"I don't know if they know I'm 40, but they know I'm old," Hospidales said with a laugh. "I look pretty tore up."

Working with NDSU football will have its benefits when he finishes the program. The plan is to take his knowledge and give back to the military, which considers soldiers as tactical athletes. In other words, if a college football player needs medical attention during the season, why wouldn't a soldier in the field need the same attention?

'It's kind of a new concept," Hospidales said. "I wouldn't mind helping them get some of the help that I never got."

The Bison are 9-1 overall and 6-1 in the Missouri Valley Football Conference heading

into Saturday's regular season finale against the University of South Dakota. A win would give NDSU the outright conference title and a possible top two seed in the Division I FCS playoffs.

On game days, Hospidales feels the adrenalin.

"I kind of get pumped up," he said. "I feed off the players. You can feel they are up and you can feel when they are down. I'm still new here so there's not a lot of confiding, but I'll talk to guys not just about on the field things, but personal stuff like a college degree. It's hard to decide sometimes what to do with a degree. Sometimes they'll ask me about my degree."

There are 40 years of answers to those questions. SPUDS: Page B4

Minnesota state girls swimming and diving tournament

▶ When: Thursday, Nov. 18, through Saturday, Nov. 20

► Where: University of Minnesota's Jean K. Freeman Aquatic Center, Minneapolis

► Tickets: Prelims \$7 for both adults and students; finals \$10 for both adults and students; available for purchase at mshsl. org/tickets

► Notes: Tickets are sold online only; masks/face coverings required at event

BRIEFS

Cobbers fall to Carleton on the road in women's hoops

NORTHFIELD, Minn. Carleton tallied a 54-45 victory over Concordia on Wednesday in Minnesota Intercollegiate Athletic Conference women's basketball at West Gym.

Emily Beseman had 17 points, four rebounds and four steals to pace the Cobbers. Mary Sem recorded 13 points, five boards and two blocks. As a team, Concordia shot 18 of 59 (30.5%) from the field.

Aiana Whitfield scored 23 points and had five steals to lead Carleton LPGA (2-1, 1-0 MIAC).

The Cobbers (1-2, 1-1 MIAC) are scheduled to play Macalester at 5:15 p.m. Tuesday at home.

Forum staff reports

First-half surge boosts Carleton to win over Concordia in men's basketball

NORTHFIELD, Minn. Carleton used a strong first half to fuel a 96-57 victory over Concordia on Wednesday in Minnesota Intercollegiate Athletic Conference men's basketball.

Carleton held a 49–18 lead at halftime.

Rowan Nelson and Dylan Inniger each scored 10 points to lead the Cobbers. Braeton Motschenbacher tallied eight points and seven rebounds, and Jackson Jangula and Ryan Slette each scored eight points.

Alex Gibbens scored 16 points to pace Carleton (1-1, 1-0 MIAC). Carleton shot 56.9% (37 of 65) from the field, while holding the Cobbers to 33.3% shooting (19 for 57).

Concordia (1-2, 0-1 MIAC) hosts Wisconsin-Superior for a nonconference bout at 3 p.m. Saturdav.

Forum staff reports

Cobbers roll to wrestling dual win over Dragons

The Dragons got a win at 141 pounds from Gunnar Mogen's 8-2 decision over Jacob Prunty. MSUM's Jake Erckenbrack notched a 7-3 decision over Austin Ratliff at 285 pounds.

Concordia's next contest is scheduled for 9 a.m. Saturday at the Augsburg Invite.

MSUM is off until Dec. 5 when it hosts the Dragon Open.

Concordia 31, MSUM 6125: Kubesh, CC, dec. Mele 7-4; 133: Bisek, CC, dec. Jones 9-4; 141: Mogan, MSUM, dec. Prunty 8-2; 149: Schauer, CC, maj. dec. Schulz 15-1; 157: Bents, CC, pin Ringling 6:39: 165: Hunt, CC, dec, Ortloff 174: Spindler, CC, dec. Dravis 7-0; 184: Friese, CC, dec. Graham 2:56; 197: Zierden, CC, pin Abbott 2:56; 285 Erckenbrack, MSUM, dec. Ratliff 7-3

Forum staff reports

championship increases prize pool to \$7M in 2022

The LPGA's CME Group Tour Championship, which begins Thursday at Naples, Fla., announced an increased prize pool of \$7 million for the 2022 event, with the winner of the season-ending competition to earn \$2 million.

That prize pool is up from \$5 million for this week's event and \$1.5 million to the winner. It is the largest single-event winner's share on the LPGA Tour.

The event, which is being held at the Tiburon Golf Club Gold Course for the ninth consecutive year, was last won by Jin Young Ko of South Korea in December 2020 in a dominating five-stroke victory.

"We could not be more grateful to CME Group, under the bold and visionary leadership of Group Chairman and CEO Terry Duffy, for helping provide the best female golfers in the world with the opportunity to live their dreams," LPGA Commissioner Mollie Marcoux Samaan said in a statement. "The Race to the CME Globe and the CME Group Tour Championship have transformed the LPGA since their inception in 2014." Every player in the First round at least \$40,000. In addition to being pion, Ko enters this week's LPGA's CME Tyler ship as the leader in the season-long Race to the

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Standings Missouri Valley Football Conference (Overall)					
Missouri Valley Football Conference (Overall)					
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	North Dakota St	(Ove	əral		(9-1)

FOOTBALL

(Overall)		
North Dakota St.	6-1	(9-1)
Missouri St.	6-2	(7-3)
Southern Illinois	5-2	(7-3)
South Dakota	5-2	(7-3)
South Dakota St.	4-3	(7-3)
Northern Iowa	3-4	(5-5)
North Dakota	3-4	(5-5)
Illinois St.	2-5	(4-6)
Indiana St.	2-5	(4-6)
Western Illinois	2-5	(2-8)
Youngstown St.	1-6	(2-7)

Results/schedule Saturday, Nov. 20 Missouri Valley Football Conference South Dakota at North Dakota State, 2:30

North Dakota at South Dakota State 2 nm Youngstown State at South Davota State, 2 p.m. Indiana State at Illinois State, noon Western Illinois at Northern Iowa, 1 p.m. Missouri State at Dixie State, 8 p.m. NCAA Division II Tournament

SCOREBOARD

6 p.m.

theran 65

ference

6) Fertile-Beltrami vs. Hills-Beaver Creek, , 9 a.m. Saturday, Nov. 27 At U.S. Bank Stadium Championship 7) Semifinal winners, 10 a.m. Class A Saturday, Nov. 20 At U.S. Bank Stadium Semifinals 5) Minneota vs. Rushford-Peterson, 9 a.m. 6) New York Mills vs. Mayer Lutheran, 11:30 Friday, Nov. 26 At U.S. Bank Stadium Championship 7) Semifinal winners, 10 a.m. Class AA Thursday, Nov. 18 At U.S. Bank Stadium 5) No. 8 Barnesville vs. No. 1 Chatfield, 2 p.m. Friday, Nov. 19 At U.S. Bank Stadium Semifinals 6) No. 6 West Central Area/Ashby vs. Maple , River. 11:30 a.m. Friday, Nov. 26 At U.S. Bank Stadium Championship 7) Semifinals winners, 1 p.m. Class AAA Saturday, Nov. 20 At U.S. Bank Stadium Semifinals 5) Annandale vs. Plainview-Elgin-Millville, 2 a.m. 6) Esko vs. Dassel-Cokato, 4:30 p.m. Saturday, Nov. 27 At U.S. Bank Stadium Championship 7) Semifinal winners, 1 p.m. Class 5A Friday, Nov. 19 At U.S. Bank Stadium mifinals 5) Robbinsdale Cooper vs. Mahtomedi, 2 p.m. Saturday, Nov. 20 At U.S. Bank Stadium Semifinals 6) Rogers vs. Mankato West, 7 p.m. Saturday, Nov. 27 At U.S. Bank Stadium Championship 7) Semifinal winners, 4 p.m. BASKETBALL Professional NBA Bı N Př To Bo Cł Cl Mi

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Cleveland	9	7	.562	2.0	
Milwaukee	7	8	.467	3.5	
Indiana	6	10	.375	5.0	
Detroit	4	10	.286	6.0	
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Washington	10	4	.714		
Miami	10	5	.667	.5	
Charlotte	9	7	.562	2.0	
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Denver	9	5	.643	_	
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Minnesota			.357	4.0	
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L.A. Lakers	8	8	.500	5.0	
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τι Utah 120, Philadelphia 85 L.A. Clippers 106, San Antonio 92 Wednesday's Games Charlotte 97, Washington 87 Detroit 97, Indiana 89 Atlanta 110, Boston 99 Miami 113, New Orleans 98 Orlando 104, New York 98 Milwaukee 109, L.A. Lakers 102 Minesota 107, Sacramento 97 Oklahoma City 101, Houston 89 Dallas at Phoenix, 9 p.m. Chicago at Protland, 9 p.m. **Thursday's Games** Golden State at Cleveland, 6:30 p.m. Washington at Miami, 6:30 p.m. L.A. Clippers at Memphis, 7 p.m. San Antonio at Minnesota, 7 p.m. Philadelphia at Denver, 8 p.m. Toronto at Utah, 8 p.m. Friday's Games Indiana at Charlotte, 6 p.m. Golden State at Detroit, 6 p.m. L.A. Lakers at Boston, 6:30 p.m. Orlando at Brooklyn, 6:30 p.m. Oklahoma City at Milwaukee, 7 p.m. L.A. Clippers at New Orleans, 7 p.m. Chicago at Denver, 8 p.m. Dallas at Phoenix, 9 p.m. Toronto at Sacramento, 9 p.m.

Northern Michigan at Minnesota Christian, College women Results/schedule MIAC Tuesday, Nov. 16 Northern Sun Intercollegiate Conference Bemidji State 79, Valley City State 46 Drury 65, Minnesota Duluth 58 Sioux Falls 86, Presentation 36 Concordia-St. Paul 97, North Central 65 Minnesota State Mankato 107, Bethany Lu-Sunday, Nov. 21 WCHA Wisconsin at St. Thomas, 2 p.m. Minnesota Intercollegiate Athletic Conference St. Olaf 84, Crown 39 Macalester 74, Northland 45 North Star Athletic Association Waldorf 74, Mount Mercy 60 Sioux Falls 86, Presentation 36 C M Bemidji State 79, Valley City State 46 Wednesday, Nov. 17 Summit League Northern Iowa 76, North Dakota State 63 Western Illinois 77, Chicago State 50 Kansas 81, Omaha 56 SMU 81, Oral Roberts 44 Minnesota Intercollegiate Athletic Con-

Carleton 54, Concordia 45 Wisconsin-Superior 71, St. Scholastica 45 Hamline 85, Martin Luther 52 Wisconsin-River Falls 77, Augsburg 58 Northwestern (Minn.) 70, St. Catherine 53 Gustavus 74, Luther 57 Thursday, Nov. 18 Summit League Montana at North Dakota, noon St. Thomas at South Carolina State, 5 p.m. Wyoming at Kansas City, 6 p.m. Montana State at South Dakota State, 6 p.m. Briar Cliff at South Dakota, 7 p.m Colorado State at Denver, 8 p.m. Northern Sun Intercollegiate Conference Minnesota Crookston at Northern Michigan, 4:30 p.m. Minnesota Duluth at Parkside, 6 p.m. Waldorf at Sioux Falls, 6 p.m. Northern State at South Dakota Mines, 6:30

p.m. Minnesota Morris at Augustana, 7 p.m. Chadron State at Wayne State, 7 p.m.

HOCKEY

Professional Eastern Conference Atlantic Division W L OTSO Pts GFGA Florida 16 11 2 25 23 62 42 46 42 1 1 2 0 Toronto 17 11 5 83 87 40 42 43 40 49 55 41 37 Tampa Bay 2 2 0 19 18 0 Detroit 85 76 0 0 Boston 13 16 Buffalo 15 16 45 44 412 410 Montreal 38 61 36 52 18 15 2 0 10 9 Ottawa Metropolitan Division GP W L OTSO Pts GFGA NY Rangers Carolina 16 10 3 13 11 2 0 45 45 45 25 54 36 38 35 3 0 Washington 15 92 4 0 22 Philadelphia New Jersey Columbus 84 74 85 14 1 1 18 17 16 14 42 42 43 40 43 51 14 13 2 0 0 Pittsburgh 15 5 6 NY Islanders 13 5 6 1 3 14 1 1 12 29 39 Western Conference Central Division GP W L OTSO Pts GFGA 51 40 49 47 44 42 51 42 43 39 32 41 33 51 26 62 Winnipeg Minnesota Nashville 93 21 20 19 15 15 10 5 0 0 96 St. Louis 15 85 18 Colorado 12 6 5 0 13 5 6 4 9 213 Dallas 12 10 2 0 0 Chicago 26 62 Arizona 16 1 5 Pacific Division
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 GFGA 61 47 57 44 Edmonton Anahem Calgary 16 Vegas 15 Los Angeles 15 Con lose 15 Anaheim 8 3 5 9 6 0 8 5 2 8 6 0 49 34 47 46 42 37 43 42 0 21 0 18 18 17 Vancouver Seattle 16 5 9 15 410 12 9 41 55 0 42 55 Sunday's Games Calgary 4, Ottawa 0 Edmonton 5, St. Louis 4 Boston 5, Montreal 2 NY Rangers 4, New Jersey 3, SO Washington 6, Pittsburgh 1 Anaheim 5, Vancouver 1 Monday's Games Tampa Bay 4, NY Islanders 1 Columbus 5, Detroit 3 Tuesday's Games Toronto 3, Nashville 0 Florida 6, NY Islanders 1 NY Rangers 3, Montreal 2 Philadelphia 2, Calgary 1, OT Buffalo 2, Pittsburgh 1 Arizona 3, St. Louis 2 San Jose 4. Minnesota 1 Winnipeg 5, Edmonton 2 Ottawa at New Jersey, PPD Detroit at Dallas, 7:30 p.m. Carolina at Vegas, 9 p.m. Washington at Anaheim, 9 p.m. Wednesday's Games Colorado at Vancouver, 8 p.m. Chicago at Seattle, 9 p.m. Washington at Los Angeles, 9:30 p.m.

►►► INFORUM.COM

Minnesota Duluth at Bemidji State, 2:07 p.m. Minnesota State at Ohio State, 12:07 p.m. St. Cloud State at Minnesota, 3:07 p.m. Wisconsin at St. Thomas, 2 p.m.

Augsburg at St. Scholastica, 2 p.m. St. Olaf at Concordia, 2 p.m. Gustavus at Bethel at Gustavus, 2 p.m. Hamline at St. Catherine, 2 p.m. St. Benedict at St. Mary's, 2 p.m

Juni	ors	
Stand	inas	
United States H		е
Eastern Co		
Chicago	11-2-4	26
ladison	10-3-1	21
Dubuque	7-2-4	18
Cedar Rapids	7-6-0	14
oungstown	6-7-2	14
Green Bay	5-7-1	11
luskegon	3-7-3	9
eam USA	3-7-1	7
Western Co	onference	
ri-City	11-2-0	22
incoln	10-3-1	21
Sioux City	8-3-3	19
Dmaha	8-4-2	18
Vaterloo	7-7-1	15
Des Moines	6-5-2	14
argo Force	3-7-3	9
Sioux Falls	4-9-0	8

Results/schedule

Friday, Nov. 19 Cedar Rapids at Chicago, 7:05 p.m Muskegon at Dubuque, 7:05 p.m. Youngstown at Madison, 7:05 p.m. Fargo at Lincoln, 7:05 p.m. Sioux City at Sioux Falls, 7:05 p.m Des Moines at Tri-City, 7:05 p.m. Omaha at Waterloo, 7:05 p.m. Omaha at Waterloo, 7:05 p.m. Saturday, Nov. 20 Fargo at Sioux Falls, 6:05 p.m. Sioux City at Waterloo, 6:05 p.m. Madison at Chicago, 7:05 p.m. Muskegon at Dubuque, 7:05 p.m. Youngstown at Green Bay, 7:05 p.m. Omaha at Lincoln, 7:05 p.m Des Moines at Omaha, 7:05 p.m. Sunday, Nov. 21 Des Moines at Omaha, 4:05 p.m.

VOLLEYBALL

College

Results/schedule Thursday, Nov. 18 Summit League Kansas City at Denver, 1 p.m. South Dakota at North Dakota, 7 p.m. Omaha at Oral Roberts, 7 p.m. South Dakota State at North Dakota State

7 p.m. High school Results/schedule North Dakota Class A State Tournament At Bismarck Event Center Thursday, Nov. 18 Quarterfinals 1) W4 Bismarck St. Mary's vs. E1 West Fargo, 1 p.m. 2) E3 West Fargo Sheyenne vs. W2 Bismarck, 3 p.m a) E4 Fargo Davies vs. W1 Bismarck Century, 5 p.m.
a) W3 Bismarck Legacy vs. E2 Fargo Shanley, 7 p.m. Friday, Nov. 19 **Consolation** 5) Game 1 loser vs. Game 2 loser, 1 p.m. 6) Game 3 loser vs. Game 4 loser, 3 p.m. Semifinals 7) Game 1 winner vs. Game 2 winner, 5 p.m. 8) Game 3 winner vs. Game 4 winner, 7 p.m. Saturday, Nov. 20 9) Game 5 loser vs. Game 6 loser, 1 p.m. **Fifth place** 10) Game 5 winner vs. Game 6 winner, 11 Third place 11) Game 7 loser vs. Game 8 loser, 3 p.m Championship 12) Game 7 winner vs. Game 8 winner, 5 Class B State Tournament At Bismarck Event Center Thursday, Nov. 18 Quarterfinals 1) Des Lacs-Burlington vs. No. 2 Linton/ HMB, 1 p.m.
2) Thompson vs. No. 3 Langdon/Edmore/ Munich, 3 p.m. 3) Garrison vs. No. 1 Northern Cass. 5 p.m. 4) No. 5 Dickinson vs. No. 4 Kenma Friday, Nov. 19 Consolation 5) Game 1 loser vs. Game 2 loser, 1 p.m. Semifinals 7) Game 1 winner vs. Game 2 winner, 5 p.m. 8) Game 3 winner vs. Game 4 winner, 7 p.m. Saturday, Nov. 20 Seventh place 9) Game 5 loser vs. Game 6 loser 11 a m Fifth place 10) Game 5 winner vs. Game 6 winner, 3 Third place

MOORHEAD — Concordia took down crosstown rival Minnesota State Moorhead 31-6 in a nonconference wrestling dual on Wednesday at Concordia's Memorial Auditorium.

Concordia's Bents (157 pounds) and Gabriel Zierden (197 pounds) each earned a bers' Kellen Schauer had win over Mason Schulz no-cut event. at 149 pounds.

field next year will earn

the defending cham-Group Tour Champion-CME Globe.

victory by pin. The Cob- top 60 players in the points standings coma 15-1 major decision peting in a 72-hole,

TODAY'S LOCAL CALENDAR

Professional

NBA

San Antonio at Minnesota, 7 p.m. NHL

Dallas at Minnesota, 7 p.m.

College

Volleyball

South Dakota State at North Dakota State, 7 p.m.

High school

Volleyball North Dakota Class A state tournament At Bismarck Event Center

Quarterfinals

W4 Bismarck St. Mary's vs. E1 West Fargo, 1 p.m. E3 West Fargo Sheyenne vs. W2 Bismarck, 3 p.m. E4 Fargo Davies vs. W1 Bismarck Century, 5 p.m. W3 Bismarck Legacy vs. E2 Fargo Shanley, 7 p.m.

TODAY'S TV

College volleyball

South Dakota State at North Dakota State, 7 p.m., WDAY Xtra Basketball

College men's basketball: St. Bonaventure vs. Boise State, 1 p.m., ESPN2

College men's basketball: Clemson vs. Temple, 3:30 p.m., ESPN2

College men's basketball: Ohio State at Xavier, 5:30 p.m., FS1 College men's basketball. Marquette at Mississippi, 6 p.m., ESPN2

College men's basketball: Alabama State at Iowa, 6 p.m., BTN College men's basketball: Rutgers at DePaul, 7:30 p.m., FS1 College men's basketball: Fairleigh Dickinson at Northwestern, 8 p.m., BTN

NBA: Philadelphia at Denver, 8 p.m., NBATV

College men's basketball: Elon vs. West Virginia, 8:30 p.m., ESPN2

Football

College football: Louisville at Duke, 6:30 p.m., ESPN NFL: New England at Atlanta, 7 p.m., FOX NHL

Dallas at Minnesota, 7 p.m., BSN

The field includes the

-Field Level Media

Bemidji State at, Augustana, noon Minnesota Duluth at Angelo State (Tex.), 1 NCAA Division III Tournament First round Bethel at Central (Iowa) noon Lake Forest at St. John's, noon NAIA Championship First round

Dickinson State at Grand View (Iowa), noon Ottawa (Ariz.) at Morningside (Iowa), noon

High School Honors

North Dakota Class AA All-Eastern Dakota Conference

Team West Fargo Sheyenne: Tate Gustafson, Sr., WR/DB; Josh Henricks, Sr., FB/LB; Kanter Menz, Jr., WR/DE; Tharin Parson, Sr., OL/DL; Brennan Sellheim, Sr., OL/DL Matt Trelb, Sr., RB/LB; Grant Warkenthien, Sr., QB/DB.

West Fargo: Josh Balstad, Jr., RB/LB; Carter Hanson, Jr., RB/LB; Carson Hegerle, Sr., WR/DB; Peyton Jantzi, Sr., QB/DB; Parker Nelson, Sr., RB/DB; Caden Zepe-da, Sr., WR/DB.

Fargo Shanley: Brady Boyle, Sr., OL/DB; Issac Emineth, Sr., WR/LB; Aidan DeVine, Sr., RB/DB; John Gores, Sr., WR/DB. Fargo Davies: Oliver Lucht, Jr., RB/LB; Eli Mach, Sr., RB/LB.

EDC AA Senior Athlete of the Year: Aidan DeVine, Fargo Shanley. EDC AA Coach of the Year: Jay Gibson,

West Fargo.

Class A All-Eastern Dakota Conference

Fargo North: Danny Boutain, Sr., QB/DB Nathaniel Fritel, Sr., WR/DB; Peder Hau-go, So., RB/LB; Jacob Johnson, Sr., OL/ DL; Mason Lockwood, Sr., RB/LB; Carson Shultis, Sr., WR/DB; Alex Wegner, Sr., OL/ וח

Fargo South: Landon Docken, Jr., K/P; Tyler Christianson, Jr., OL/DL; Zach Thomas son, Jr., TE/LB; Kolby Jones, Sr., WR/DB;

Christian Skiple, Sr., OL/DL.
 Wahpeton: Beau Arenstein, Jr., RB/DB; Caden Kappes, Jr., WR/DB; Hunter Owens, Sr., RB/LB; Blake Schafer, Sr., QB/DB; Tori

Uhitch, Sr., WR/LB. Devils Lake: Sam Enget, Jr., TE/LB; Ben Hellman, Sr., QB/LB; Drew Hofstad; So., WR/DB: Caleb Schneider, Sr., WR/DB

Grand Forks Red River: Logan Arason, Jr., TE/LB; Paine Parks, Sr., WR/LB; Garrin Sattler, Sr., RB/LB.

Satuer, or., KD/LB. Valley City: Gavin Gerhardt, Jr., QB/DB; Broden Muske, Jr., OL/TE/LB. Grand Forks Central: Sam Strandell, Sr.,

EDC A Senior Athlete of the Year: Blake

Schafer, Wahr

EDC A Coach of the Year: Adam Roland, Fargo North

Results/schedule

Minnesota state football tournament 9-man Thursday Nov 18 At U.S. Bank Stadium Semifinals 5) Kittson County Central vs. LeRoy-Ostrander, 11:30 a.m. Friday, Nov. 19 At U.S. Bank Stadium

jobs*H*Q 💸

Semifinals

College men

Results/schedule

Tuesday, Nov. 16 Summit League Arizona 97, North Dakota State 45 Western Illinois 97, Iowa Wesleyan 71 Texas San Antonio 78, Denver 64 Northern Sun Intercollegiate Conference Minnesota State Moorhead 136, Crown 65 Bemidji State 82, Concordia-St. Paul 67 Minnesota Duluth 123, Northland College 48 Clarke 94, St. Cloud State 89 Wayne State 74, Bellevue 40 Mayville State 80, UMary 76 Sioux Falls 71, Dakota State 61 Minot State 99, Dickinson State 76

Minnesota Intercollegiate Athletic Conference ugustana (III.) 79, St. Mary's 73 (OT)

North Star Athletic Association Valley City State 111, Yellowstone Christian 68

Mount Mercy 80, Waldorf 68 Wayne State 74, Bellevue 40 Mayville State 80, UMary 76 Minot State 99, Dickinson State 76 Sioux Falls 71, Dakota State 61 Wednesday, Nov. 17 Summit League Kansas State 79, Omaha 64 Texas A&M-Corpus Christi 69, Denver 67 Kansas City 99, Kansas Christian 36

South Dakota State 91, Montana State 74 Morthern Sun Intercollegiate Conference Minot State 112, Yellowstone Christian 50 Winona State 84, Viterbo 56 Minnesota Intercollegiate Athletic Con-

ference Carleton 97, Concordia 56 Crown 68, Macalester 65 St. Olaf 72, North Central 64 Bethel 76, Wisconsin-Stevens Point 55 Wisconsion-La Crosse 75, Augsburg 74 St. Scholastica 69, Wisconsin-Superior 60 Hamline 81. Martin Luther 74 Gustavus 82. Wisconsin-River Falls 63 Thursday, Nov. 18 Summit League

Haskell Indian Nations at Oral Roberts, 7 p.m. Presentation at South Dakota State, 8:15 p.m. Minnesota Intercollegiate Athletic Con-

ference

College men

Results/schedule Tuesday, Nov. 16

MIAC Concordia 6. Hamline 2

Thursday, Nov. 18 CCHA St. Thomas at Minnesota State Mankato,

7:07 p.m. MIAC St. Mary's at St. John's, 7 p.m.

Friday, Nov. 19

Big Ten Wisconsin at Michigan State, 6 p.m. Notre Dame at Michigan, 6:30 p.m. Penn State at Minnesota, 7 p.m. NCHC

Miami at Denver, 8:07 p.m. Minnesota Duluth at North Dakota, 7:07 p.m. St. Cloud State at Western Michigan, 6:07

p.m. Nebraska-Omaha at Alaska, 11:07 p.m.

CCHA Lake Superior at Bowling Green, 6:07 p.m. Michigan Tech at Bernidji State, 7:07 p.m. Northern Michigan at Ferris State, 6:07 p.m. MIAC

Gustavus at Bethel, 7 p.m. Concordia at St. Olaf, 7 p.m. Augsburg at St. Scholastica, 7 p.m. Saturday, Nov. 20 Big Ten

Wisconsin at Michigan State, time TBA Notre Dame at Michigan, 7 p.m. Penn State at Minnesota, 8 p.m. NCHC

Miami at Denver, 7:07 p.m. Minnesota Duluth at North Dakota, 6:07 p.m. St. Cloud State at Western Michigan, 6:05 p.m.

Nebraska-Omaha at Alaska, 11:07 p.m CCHA

Lake Superior at Bowling Green, 6:07 p.m Michigan Tech at Bemidji State, 6:07 p.m. Northern Michigan at Ferris State, 5:07 p.m. Minnesota State Mankato at St. Thomas, 7:07 p.m.

MIAC

St. Scholastica at Augsburg, 7 p.m. Bethel at Gustavus, 7 p.m. St. John's at St. Mary's, 7 p.m. Concordia at St. Olaf, 2 p.m.

College women

Results/schedule

Tuesday, Nov. 16 MIAC

Wisconsin-River Falls 6, St. Scholastica 0 Friday, Nov. 19 WCHA

Minnesota Duluth at Bemidji State, 3:07 p.m. Minnesota State at Ohio State, 5:07 p.m. St. Cloud State at Minnesota, 6:07 p.m. MIAC

St. Scholastica at Augsburg, 7 p.m St. Olaf at Concordia, 7 p.m Bethel at Gustavus, 7 p.m. St. Catherine at Hamline, 7 p.m. St. Benedict at St. Mary's, 7 p.m. Saturday, Nov. 20 WCHA

SEARCH THOUSANDS OF LOCAL JOBS

11) Game 7 loser vs. Game 8 loser, 1 p.m. Championship 12) Game 7 winner vs. Game 8 winner, 7 p.m.

Awards

Minnesota

Pine to Palm all-conference team Avery Aakre, Moorhead Park Christian; Kaisa Jones, Kaleigh Sip, Matti Stene, Lauren Thompson, Ada-Borup; Kathryn Agnew, Bagley; Trinity Erickson, Climax-Fisher; Taylor Miller, Abby Ranz, Marin Rora-Taylor Miller, Abby Kanz, Marin Rora-gen, Brooklyn Strem, Fertile-Beltrami; Teegan Noel, Brooklyn Ostenaa, Kinsley Duppong, Lauren Sekely, Fosston; Ks-ley Thompson, Maddie Thompson, Lake Park-Audubon; Sofia Bly, Kendra Syver-son, Mahnomen-Waubun; Adison Klemet-son, Norman County East-UH WVP: Brooklyn Ostenaa, Exest on MVP: Brooklyn Ostenaa, Fosstor

Defensive player of the year: Maddie Thompson, Lake Park-Audubon Coach of the year: Tatum Hall, Lake

Brooklyn Fuchs, Moorhead Park Christian; Sarah Prodzinski, Ada-Borup; Ava Larson,

Halle Reitmeier, Climax-Fisher; Kasia Wil-

son, Tori Erickson, Fertile-Beltrami, Bryn-lea Mahlen, Fosston; Brynn Stalberger, Thea Mattson, Lake Park-Audubon; Rylee

Theis, Izzy Klemetson, Norman Coun-ty East-UH; Haley Sander, Savahanna Svalen, Alivia Winter, Win-E-Mac

SWIMMING

High school girls

Awards

NDHSCA All-State Girls Swimming and

Greta Bellas, Tierney Howell, Paige Harry

West Fargo Sheyenne; Madison Hischer, Halle Braaflat, Fargo Davies; Olivia Het-tiner, West Fargo; Erin Palmer, Sarah Dorrheim, Izzy Koebele, Bismarck Centu-

y; Bella Price, Haley Conklin, Ella Kesler, Jordn Wolsky, Minot; McKayla Lindbo, Mandan; Marissa Branham, Williston

Addison Cerney, West Fargo Sheyenne; Addison Cerney, Fargo North; Tara Hen-drickson, Fargo Davies; Katie Iverson, Fargo South; Madeline Elseth, Grand

Forks Central: McKavla Donat, Bismarck

Legacy; Lauryn Caster, Olivia Schuchard, Bismarck Century; Taylor Miller, Dickinson

NDHSCA Outstanding Senior Athlete: Erin Palmer, Bismarck Century NDHSCA Coach of the Year: Emily Jen-sen, Minot

Email scores and results to

sports@forumcomm.com

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Rvlie

McArthur, Mahnomen-Waubun;

Park-Audubon

Diving Team First Team

Second Team

WWW.JOBSHQ.COM

Honorable mention

'One of our best sellers'

Fighting Hawks unveil new alternate home hockey jerseys

By Brad Schlossman Grand Forks Herald

The UND men's hockey team usually wears its green jerseys on the road. There are exceptions, though.

When there's a big game or when UND coach Brad Berry feels he needs to get the team's attention, he'll have the team's black jerseys hanging in the stalls.

The black jerseys have built a reputation around college hockey and the Fighting Hawks have been difficult to beat while wearing them. In the last three seasons, they're 11-2-1 in the black jerseys.

UND has never had a series. secondary home white jersey option — until now.

UND unveiled alternate home jersevs Wednesday morning, and the Fighting Hawks hope to use them at home as they use their black jerseys on the road.

"When you look at our black jerseys, there's an identity there with them," Berry said. "We call them the business suits. There's an identity there. And now to have a home jersey with a second option, I think it's kind of like our white business suits. It could turn into that.³

It is unclear exactly when UND will use them for the first time, but it is unlikely to be this weekend when the Fighting above the nameplate. Hawks host Minnesota Duluth in a two-game I think it's part of our

It's a call that will be made by Berry, potentially on the morning of the game.

The jersey was designed Eric Bodamer of Adidas with a lot of feedback and input from UND equipment manager Dan Johansson.

It has some similarities to the jersey UND wore in 1959, when it won its first NCAA national championship. That one said 'Sioux' diagonally across the front. This one says, 'Nodak.' Other athletic teams used to wear jerseys that said 'Nodaks.'

The new alternate home erseys have the Fighting Hawk logo on the shoulders and the National Collegiate Hockey Conference logo on the back

"It's another look and

tradition and history of having something new in our group," Berry said. "I like them."

The jersey was a hit among the players.

"I think they're pret-ty sweet," forward Riese Gaber said. "We were pretty excited when we saw them. It's been hard to kind of keep it a secret here. I think it's clean and looks pretty good. They did an amazing job on it."

Tyler Kleven wore one to UND's press conference Wednesday. "I love it," he said.

"They look sweet. They're really nice."

Jersey fly off the shelves

The Sioux Shop at Ralph Engelstad Arena began selling the jerseys at about 9:30 a.m. Wednesday after the reveal.



Brad Elliott Schlossman / Grand Forks Herald UND's newest home alternate jerseys are on sale at the Sioux Shop in Ralph Engelstad Arena.

> for our fans. It will be one of our better sellers. I just wish we had more."

Carlson said he initially started with roughly 425 in stock.

"I called Adidas and asked for more, but we can't get more until potentially next September," he said. "It may be kind of stuff is exciting a while."



Nick Wosika / USA Today Sports

Sacramento Kings guard Jahmi'us Ramsey (20) has his shot blocked by Minnesota Timberwolves forward Jarred Vanderbilt (8) during the second guarter Wednesday at Target Center in Minneapolis.

Wolves lackluster in win over Kings

By Jace Frederick St. Paul Pioneer Press

There was one question hanging over the Minnesota Timberwolves following their loss to Phoenix. Despite the end result, Minnesota played hard and competed with one of the NBA's top teams at Target Center.

But could it do it again? Could the Wolves follow up one solid performance with another?

If you're the Timberwolves, it's better to win ugly than lose ugly. And Wednesday certainly was ugly.

Sacramento (6-9) turned the ball over time and time again and struggled to shoot, but stayed in the game because Minnesota's offense struggled again, and the Kings beat

the victor, mustering up just enough offense in the fourth quarter, largely from Edwards. The second-year standout hit one big shot after another to give Minnesota a cushion in what was a tie game in the fourth quarter. Edwards finished with 26 points for the night.

Lore rewards random acts of kindness with Wolves courtside tickets

Store manager Jason Carlson said he heard

from people who used

their work lunch break to

"At the rate they're going, I think they'll be

gone by the end of the month," Carlson said.

"UND is not typically a

team that has a new jer-

sey every year, so this

come pick up the jersey.



Jace Frederick / St. Paul Pioneer Press

Timberwolves part owner Marc Lore is joined by Timberwolves fans Jillian Kaspar (from left), John Tucker and Tay Washington in his courtside seats at the Timberwolves game against Sacramento on Wednesday at Target Center. The three fans were selected by Lore to join him courtside because of random acts of kindness they committed this week.

By Jace Frederick St. Paul Pioneer Press

New Minnesota Timberwolves part owner Marc Lore has had a number of special guests sit courtside with him early this season. Part owner Alex Rodriguez, Lynx players and hall of famer receiver-tobe Larry Fitzgerald have all joined Lore to take in games.

But Wednesday's guests were special in that they earned their way to the side of the court via random acts of kindness.

Lore put out a tweet Wednesay asking Minnesotans to do something thoughtful for someone in the community, and then share with him what they did. Lore received roughly 350 responses to sift through and picked three winners to sit courtside with him. The winners were Jillian Kaspar, John Tucker and Tav Washington. Kaspar bought gas for someone whose card was declined, and also bought treats for the kids in the car. She is a Timberwolves season ticket holder who'd been saving up for courtside seats for her 30th birthday, and her present happened to come a little early. She loves tattoos and Britney Spears, and has been in the restaurant industry since she was 15 years old. Tucker bought coffee for a military member. He has been a loyal Wolves fan for about nine years, and has had a podcast that focused on the Timberwolves and the Minnesota sports landscape and previously won a high school state golf championship. Washington paid for the Wendy's order for the person behind her in line, something she does from time to time when given the opportunity. She is a big basketball fan who loves Anthony Edwards and dancing. Lore said he focused on the winners who executed a random act of thoughfulness.

"Something powerful happens when you give back in a purely random way with no expectation of for anything in return," he tweeted.

New ball

D'Angelo Russell is shooting just 38 percent from the field this season, which would be a career low. One potential contributing factor to the decrease in makes — the ball?

The NBA switched Spalding ball to Wilson this season, and other stars across the league, including the Los Angeles Clippers' Paul George, have noted the switch in balls as an "adjustment" this sea-son. Russell joined that chorus Wednesday. "I think it feels different, it's an adjustment," Russell said. "Especially if the ball is brand new.'

Short answer: No.

They did win, though.

Anthony Edwards scored 16 points in the final frame, burying four triples, to lead Minnesota to a 107-97 win over Sacramento at Target Center.

Reports: Michigan St.

Michigan State is preparing

to offer Spartans head coach

Mel Tucker a 10-year, \$95

million extension that would

make him the second-high-

est paid football coach in the

nation, the Detroit Free Press

The "Inside the Locker

Room" podcast also reported

the impending deal Tuesday

night, adding that MSU alums

Mat Ishbia and Steve St. Andre

are donating the private fund-

Tucker, 49, would be No. 2

nationally behind only Ala-

bama's Nick Saban, per the

USA Today salary database.

to offer Mel Tucker

\$95M extension

reported Wednesday.

ing for the extension.

the Timberwolves up on the offensive glass for much of the night.

The game had the feel of two struggling teams looking for ways to lose. Sacramento had 14 turnovers in the first half while shooting 33 percent from the field, and somehow led the Wolves by four at the break.

Minnesota (5–9) did emerge

Karl-Anthony Towns finished with 22 points and six rebounds, while Patrick Beverley added 14 points, seven assists, six rebounds and three blocked shots. De'Aaron Fox led Sacramento with 28 points and five assists.

Minnesota hosts San Antonio on the second half of a back to back for the Wolves on Thursday.

BRIEF

James Franklin for tops in the Big Ten, per the database.

> Further, only three NFL coaches (Bill Belichick, Pete Carroll, Sean Payton) would be making more than Tucker once the deal is consummated. It would also make Tucker the highest paid Black coach in all of American sports, passing Stanford's David Shaw. Mike Tomlin is the highest paid Black coach in the NFL at \$8 million.

Tucker's current salary of \$5.632 million is fourth in the conference and 13th nationally, per USA Today.

Tucker is 11-6 as Spartans head coach in just shy of two full seasons. He went 5-7 in one year at Colorado before Tucker would pass Penn State leaving for East Lansing.

The Spartans (9-1) are No. 7 in the latest College Football Playoff rankings.

Taking the Spartans from afterthought to a Top 10 team this season made Tucker the odds-on favorite to become the new head coach at LSU, which is parting ways with Ed Orgeron at season's end.

Tucker being linked to LSU was a catalyst for the new deal, per the Free Press report.

Ishbia is chairman, president and CEO of United Wholesale Mortgage The former Sparty basketball walk-on also donated \$32 million in February toward a new football facility. St. Andre is the founder of marketing firm Shift Digital.

-Field Level Media

And it always feels new. Rarely does the new ball feel "broken in."

"That's a big difference for us, I think," he said. "When the other ball was broken in — or if it wasn't broken in, it still worked a little different. It's an adjustment for everybody."

Russell didn't want to use the ball as an excuse, but it clearly has had some effect.

"If I'm out here working out on my own time, an old ball doesn't feel like an old ball," Russell said. "It's still feels like the texture is so fine that it doesn't wear off. ... I think that was probably a key focus, they probably wanted to keep balls and keep them fresh, allow the material to stay fresh over time and not wear and tear. So it is what it is."

Briefly

Josh Okogie missed Wednesday's game with back spasms

NDSU

From Page B1

NDSU hit six straight, the longest run of the night, but Rucker closed the third quarter with two straight 3-pointers for a 66-46 lead. Things were going so well for the Panthers that guard Cailyn Morgan bombed in a shot from the other side of half court, although it didn't count because the buzzer had already sounded.

Panthers The the Bison in an early first-quarter hole with nine straight points. NDSU spent the rest of the first half trying to figure out Rucker and her quick bursts to the hoop. She had 14 of her points in the first two quarters,

a significant turnaround from a year ago when she was 3 of 14 from the field. Rucker finished 11 of 17 from the field and that included missing her last

put Panthers had a big lead. Also, a year ago, it was the Bison who sprinted to a big halftime lead. This time, the Panthers led 41-29 hitting 16 of 32 shots from the field. It's not what NDSU had in mind coming off a 71-54 loss at Wisconsin-Green Bay, where the Bison scored only 22 second-half points and shot 32 percent for the game.

"This is the exact same game we played against three shots when the Green Bay the other day,'

front of the ball. Ball screen defense is a real issue right now. Turning the ball over is an issue right now. They got 13 more shots than we did. Against good teams, not going to be able to overcome those things.

The starting point to correcting the issues, Collins said, starts with defense. Cobbins said a priority is to keep the team vibe going.

Collins said. "Staying in more than ever, especially when things aren't going well," she said. "I feel like we faced some adversity in the offseason and were able to build good chemistry so we'll lift each other up and remain confident even when things aren't going well. It's something that is important to us."

Simportant to US." UNI 22 41 66 76NDSU 14 29 46 63UNI (2-1): Gunnels 3-7 2-2 8, Wolf 0-4 2-2 2, Rucker 11-17 1-2 27, Kroeger 3-6 0-0 7, Finley 4-10 2-2 11, Green 5-8 2-3 12, Bof-feli 1-14-66, McDermott 0-4 0-0, Morgan 0-2 0-0 0, McCullough 1-2 0-2 3, Laube 0-0 "We need each other

Dietz 3-5 2-4 8, Deaton 4-8 0-2 9, Cobbins 4-6 4-4 14, Hamling 3-11 3-3 10, Schulte 1-3 0-0 2, Hopkins 3-8 3-4 10, Skibiel 0-0 0-0 0, Behnke 2-2 3-6 7, Hildebrandt 1-3 0-0 3, Strop 0-2 0-0 0. Totals: 21-48 15-25 63.Total fouls: UNI 19, NDSU 23. Fouled out: Finley. Rebounds: UNI 30 (Boffeli 8); NDSU 38 (Cobbins 8). 3-point goals: UNI 7-21 (Wolf 0-1, Rucker 4-5, Kroeger 1-4, Finley 1-4, Green 0-2, McDermott 0-1, Morgan 0-2, McCullough 1-2); NDSU 6-20 (Deaton 1-2, Cobbins 2-2, Hamling 1-5, Schulte 0-2, Hopkins 1-5, Strop 0-1, Hildebrandt 1-3). Assists: UNI 10 (Rucker 4); NDSU 8 (Hamling 4). Turnovers: UNI 6 (McDermott 3); NDSU 19 (Schulte 5).

Readers can reach Forum reporter Jeff Kolpack at (701) 241-5546. Kolpack's Media Blog can be found at www.inforum.com/ bison-media-blog and Twitter @ FGOSPORTSWRITER



The North Dakota State College of Science volleyball team earned a spot in the NJCAA national tournament for the fourth time in school history.

NDSCS volleyball team heading to national tournament

College of Science volthrilling five-set district championship earlier this month for a spot on the national stage.

WAHPETON, N.D. — Wildcats clinched the The North Dakota State Northwest Plains District Wildcats clinched the district title match. championship on Nov. 6 to earn a bid in the NJOAA Division II national tour-nament for the fourth time in school history. NDSCS overcame a 2-0 Cedar Rapids, Iowa, in the opening round. leyball team took home a to earn a bid in the NJCAA 5 seed Sauk Valley Com-After winning the deficit to Central Com-Region IX champion- munity College-Colum- Freshman Stella Raser Bailee Brommenschen- Minn.) has 1,092 assists ship the prior week, the bus to win 3-2 in the from Perham (Minn.) kel of Ada-Borup (Minn.) this season heading into

The No. 12 seed Wildcats (23-10) will play No. the opening round.

Freshman Stella Raser

High School leads the leads the team with 112 Wildcats attack with 260 total blocks. Raser has kills this season. Freshman Maddie McKinnon, a West Fargo graduate, is second on the team with 234 kills and sophomore Jalen Ennen, from Moorhead, is third at 219.

Bailee Brommenschen-

96 and McKinnon has racked up 84. Megan Klaphake (Sauk Cen-tre, Minn.) has served a team-high 47 aces, while Ennen has tallied 31. Morgan Vosberg (Sartell, Minn.) has 1,092 assists

the national tournament. Katie Krieger (Kerkhoven-Murdock-Sunburg, Minn.) and Ennen pace NDSCS with 524 and 264 digs, respectively. Wildcats head coach

Jane Passa was named the conference and district coach of the year. Forum staff reports

Vikings hope 'shenanigans' behind them as they look to make playoff run

By Chris Tomasson St. Paul Pioneer Press

Dalvin Cook is hopeful the Minnesota Vikings have overcome the "she-nanigans" of the early part of the season. Adam Thielen said recent frustration they experienced has been turned into a

a running back, said Wednesday on the heels of last Sunday's 27-20 win at the Los Angeles Chargers. "We're right here in the mix of what we're trying to get done." Each of the Vikings' five losses has been by

seven or fewer points, and a combined 18 points



"We've played well enough to win some games that we haven't won, and so we're trying to catch up to where we hope to be," he said. "There is still a lot of time left."

For the Vikings to make a playoff run, they likely

'rallying point.'

Don't look now, but the Vikings, 4-5 after breaking a two-game losing streak, are very much in the NFC playoff race heading into Sunday's key game against NFC North rival Green Bay (8-2) at U.S. Bank Stadium.

Winning the division remains a long shot for Minnesota, and a loss to the Packers on Sunday would all but wrap it up for Green Bay, but the race for a wild-card spot is wide open. The Vikings are just a half game behind Carolina (5-5) for the seventh and final spot in the NFC. And they beat the Panthers 34-28 in overtime on the road in Week 6, so they would win a possible tiebreaker.

"The confidence for this team (comes from) just knowing we're right there in the mix after all the mistakes and all the last-minute shenanigans we've had all year," Cook, in all. The four that really stung were a 27-24 loss at Cincinnati in Week 1 after Cook lost a fumble in overtime, a 34-33 loss at Arizona in Week 2 that ended when Greg Joseph missed a 37-yard field goal, a 20-16 home loss to Dallas and backup quarterback Cooper Rush in Week 8, and a 34–31 overtime setback at Baltimore after Minnesota blew a 14-point third-quarter lead in Week 9.

Ravens. Thielen talked about how frustrated the Vikings were after so many closs losses. But the team was able to turn that into a positive before upsetting the Chargers on the road.

"As frustrated as we all were, that was kind of a rallying point., to say for how frustrated we all are, for how disappointed in where we are, we're

Jayne Kamin / Oncea-USA Today Sports

After the loss to the Minnesota Vikings wide receiver Justin Jefferson flexes to the crowd after hanging on to a complete pass for a first down in the first half against the Los Angeles Chargers on Sunday at SoFi Stadium in Inglewood, California.

right there," he said. "It the wide receiver said is what it is. Let's go to work. Let's find a way. Let's find a way to get it turned around."

The Vikings need to win at least one of their next two games to still feel good about their playoff prospects, but that won't be easy. The Packers are a 2¹/₂–point favorite and

quarterback Aaron Rodgers might not be as rusty as he was in last Sunday's 17-0 win over Seattle. Rodgers missed one game while on the COVID-19 reserve list and was activated until the day before the game against the Seahawks.

Next up for the Vikings will be the 49 ers (4-5)

in San Francisco on Nov. 28, a game with major playoff implications. The 49ers are coming off a resounding 31-10 upset of the Los Angeles Rams on Monday night and might be finding their stride.

Head coach Mike Zimmer hopes the Vikings also are finding their groove.

will need to have success on offense while being as aggressive as they were against the Chargers. After facing criticism for conservative play in some of their losses, they opened it up more last Sunday.

Quarterback Kirk Cousins threw downfield more, completing 25 of 37 passes for 294 yards. Justin Jefferson caught nine passes for a season-high 143 yards, and Thielen had five grabs for 65 yards, including a key 18-yard catch when the Vikings ran out the final 4:36 of the game to stop a two-game losing streak.

"I think it was a good showing of what the formula kind of has to be to win games," Thielen said. "It's a little bit different league nowadays. You have to be able to be aggressive, and you have to be able to convert in aggressive situations to win games."

Moorhead High School's Abbie Ishaug, Arianna Hoff. Ava Rodgers, and Liv Deelstra clinched the 400-yard freestyle relay at the Class 2A, Section 8 girls swimming and diving meet Oct. 24, 2020. The Spuds won the section title. Special to The Forum



SPUDS

From Page B1

There was no state meet to cap last year's coronavirus-altered season. In an unorthodox season, the Spuds captured the section tournament in unique fashion. The altered section meet featured two separate four-team events and scores took longer than usual to tally. Due to that, the Spuds didn't know they won the section championship until the following day.

The Spuds will look to build on last season's postseason success against a loaded state tournament field.

holds Moorhead the 12th-fastest seed time in three

events heading into the preliminaries: the 200 medley relay (1:48.83), the 200 freestyle (Hoff - 1:53.87) and the 400 freestyle relay (3:35.95).

Minnetonka has the fastest seed time in the 200 medley relay (1:48.83) and 400 free relay (3:27.32). The top seed time in the 200 free belongs to Katie McCarthy of Edina, 1:49.51.

Hoff possesses the 13th-quickest seed time in the 200 freestyle. Edina's McCarthy has the top time of 1:49.51.

Janke (57.94 seconds) and Rodgers (58.23) boast the 14th- and 19th-fastest seed times, respectively, entering prelims in the 100 butterfly. Claire Reinke of Wayzata has the top seed time of 53.97.

Ishaug claims the 15th-quickest seed time in the 100 freestyle (53.73) and 17th in the 100 breaststroke (1:06.92). She's about three seconds back of the 100 freestyle fastest seed time of 50.67 belonging to Haley Zelen of Shakopee. Eden Prairie's Caroline Larsen has the top seed time of 1:02.36 in the 100 breaststroke.

Preliminaries for Class AA diving are slated for 6 p.m. Thursday and Class AA swimming prelims begin at 6 p.m. Friday.

Both swimming and diving finals are scheduled for 6 p.m. Saturday.

Forum assistant sports editor John Miller can be reached at jhmiller@forumcomm.com

NATIONAL SPORTS



An ice resurfacer is seen Monday inside UBS Arena in Elmont, New York.

Photos by Amy Tennery / Reuters

NO PLACE LIKE HOME Islanders end grueling road stretch with new Nassau digs

By Amy Tennery

New York (Reuters) brand new home on Long Island awaits the New York Islanders on Saturday, as they end a grueling 13-game road trip and a decade-long journey for a permanent place to hang their skates.

Seeking a new home away from the aging Nassau Coliseum, where the team played since its 1972 inception, former owner Charles Wang tried and failed to get plans for a new Long Island facility off the ground in 2011. He ultimately signed a 25-year lease, beginning in 2015, at Brooklyn's new Barclays Center. The move was unpopular with the Long Island faithful, dismayed to see their only major pro men's franchise move off the island and into a facility originally designed for basketball. "Brooklyn really had no chance and it scared a lot of people," said Devin Robinson, 29, a lifelong Islanders fan who in 2017 launched Long Island hockey apparel brand Yes Men Outfitters. "It was like, 'This place isn't gonna work and if we don't make it work, whoever

buys this team might move it somewhere'."

Instead, new owners Scott Malkin and Jon Ledecky uncle to Olympic gold medalwinning swimmer Katie Ledecky – assumed majority ownership in 2016 and by the 2018-2019 season, the team was splitting its time between Brooklyn and its old home, the Coliseum.

Their state of limbo will ome to an end on Saturday



Calgary Flames.

"I wouldn't change a thing now but years ago it was terrifying," said Donald Rosner, 40, another lifelong fan who recalled rumors that the team might move to Kansas or Quebec.

His Blue Line Deli will see its famous blue and orange bagels and specialty sandwiches featured among the offerings at UBS Arena. "Walking up that escalator (at UBS) and everything, it seems like a dream to me," said Rosner. The team's recent play, however, has seemed more like a nightmare than a dream, with four straight losses culminating in a demoralizing 6-1 defeat to the Florida Panthers on Tuesday. "We've got a group here that believes in each other," said centre Casey Cizikas, who along with his team mates is expected to skate at UBS Arena for the first time on Thursday. "We know what we're capable of and it's a matter of getting back to that and finding our groove and it's not going to come easy."

with the first Islanders game inside UBS Arena, part of a 43-acre complex built adjacent to the existing Belmont Park racetrack, where 17,250 hockey fans will be greeted with a large banner reading "WELCOME HOME!"

"If you're coming from Nassau Coliseum and the 30-plus years that we had there... it is going from the worst building in the league to the best building in the league," said Tim Leiweke, the CEO of Oak View Group, which partnered with the Islanders on the privately funded project.

Dozens of construction workers this week bustled through the complex, readying food stands featuring local eats and a

A sign is pictured inside UBS Arena Monday in Elmont, New York.

sprawling team store steeped in New York nostalgia for

Saturday's debut, which will see the Islanders take on the

Hamilton and Verstappen take a step into the unknown

Formula One title race down to the wire at first-time grand prix in Qatar

By Alan Baldwin Reuters

Lewis Hamilton and Max Verstappen take their title battle into the unknown this weekend as Qatar hosts a Formula One grand prix for the first time at a track better known for two-wheeled thrills.

The last of three races on successive weekends from Mexico via Brazil, Qatar also starts a final run of three in the Middle East to decide whether Mercedes' Hamilton wins a record eighth championship or Red Bull's Verstappen takes his first.

Hamilton slashed the gap to 14 points after overcoming a series of setbacks with one of his finest career victories at Sao Paulo's Interlagos circuit picion and controversy, and Mercedes seeking a stewards'



Amanda Perobelli / Reuters

Mercedes' Lewis Hamilton celebrates on the podium after winning the Brazilian Grand Prix alongside second placed Red Bull's Max Verstappen on Sunday in Sao Paulo, Brazil.

last Sunday.

Brazil was marked by sus-

that is set to continue at the 20th race of the season with

review of a defensive move by Verstappen that forced Hamilton off track.

Meanwhile, fans will be on tenterhooks for the next instalment of the battle between two adversaries driving hard and at their best.

"We're seeing a titanic bat-tle for this year's two championships, and the race in Brazil was just another twist in an engrossing tale," said For-mula One's managing director Ross Brawn.

"Mercedes had the edge (in Brazil), but it could swing back into Red Bull's favor next time. It's been fantastic. No one knows what will happen next."

Mercedes team boss Toto Wolff said his team would come out fighting.

"The final race of a triple-header can sometimes test your energy levels but with just three races to decide both championships, our moti-vation is greater than ever," added the Austrian.

Mercedes are 11 points clear of Red Bull in the constructors' championship.

Qatar's Losail circuit near Doha has regularly hosted MotoGP's season-opening race and is fast and flowing with a mix of medium and high-speed corners and a one km long main straight. It will be followed by anoth-

er new venue in Saudi Arabia, a street circuit in Jeddah, before the final in Abu Dhabi where changes have been made to the track since the last time Formula One raced there.



REVIEW

Rosewild is an entirely new kind of restaurant for Fargo



By Eric Daeuber Forum food critic

Fargo hen someone drops \$48 on a braised lamb shank, it raises a question: Other than the lamb shank, what does anyone reasonably expect for that kind of money?

It's a decision that goes beyond, "What do you feel like tonight?" There's a space between the cost of the food and the end price that needs to be filled with something and, most often, that's service ambiance or an experience that goes well beyond dinner. Rosewild tries to fill that space. It's something entirely new to Fargo, and some of the ambiance comes from its location right in the heart of downtown in the new RDO Building, the tallest building in Fargo. Rosewild's enormous windows look out onto the public square, currently an ice rink, and bring the city into the dining room

ROSEWILD

Where: 215 Broadway N., Fargo Cuisine: American

Hours: Dining room is open 5-10 p.m. Tuesday through Saturday; food and drinks are also available in the lounge throughout the week, and cafe hours and weekend brunches are also offered

Phone: 701-532-5170

Alcohol: full bar

Reservations accepted: yes Online: https://jasperfargo.com/ rosewild/

RATINGS (OUT OF 4)

Photos by Eric Daeuber / Forum Above: Part of the dining room at Rosewild in downtown Fargo. Top: Braised lamb shank (\$48) at Rosewild in downtown Fargo.

Food: 3.5 stars Service: 4 stars Ambiance: 3.5 stars

with the business on Broadway, the nighttime ambiance of what has become an au courant city, and all the neon and sparkle that comes with that.

ROSEWILD: Page B6

Overnight oats provide tasty nutrition in a jar

Duluth

ake these oats in the evening, efrigerate overnight

and enjoy

morning.

to a 2019

article.

prevent

cancer by

boosting



SUSAN ALEXANDER Vegan Cookina

fiber consumption. Young women who ate the most fiber-rich diets were 25% less likely to get breast cancer later in life, a study found. Other research finds that each 10 grams of daily fiber could lower the risk of colorectal cancer by 10%. A serving of regular oats contains about 33% of the recommended daily allowance of fiber.

These recipes are those I make on a regular basis and can be used as a starting point.

You can add vegan yogurt, protein powders, ground flax seeds and endless combinations and quantities of fruits, spices and nut butters. them in the These overnight oats can be made with steel-According cut oats, old-fashioned oats or instant oats. I Mayo Clinic prefer the texture of old-fashioned oats. The plant-based steel-cut oats really foods may stick to the ribs and stave off hunger until lunchtime, but they still need a few minutes in the microwave before they become soft enough for my palate.

A small Bullet-type blender works well for incorporating nut butters and vegan cream cheese into the non-dairy milk. My favorite non-dairy milk for overnight oats is coconut-almond, but any non-dairy milk will work.

I make my overnight oats in a large glass canning jar; however, a large bowl would work well, too.

Enjoy these oats cold

or spoon a portion in a microwave and zap until warmed.

Almond Cherry **Overnight Oats**

This is my favorite overnight oat combination.

 \blacktriangleright 1¹/₂ cups non-dairy milk

► About ¹/₄ cup smooth almond butter

▶ 1 cup oats

2 tablespoons chia seeds

▶ 1 teaspoon Truvia or other sweetener (to taste)

▶ 1/2 teaspoon almond extract

▶ ³/₄ cup frozen dark, sweet, pitted cherries

Blend almond butter with non-dairy milk. Combine everything but the cherries in a jar or bowl, mixing well. To prevent the chia seeds from clumping, stir a couple times during the first 10 minutes after combining the ingredients. Add the cherries and give another stir. Place the jar or bowl in the

refrigerator for a few hours or overnight. Stir before serving.

I like my cherries whole, but you can chop them up if you prefer.

Blueberry Cheesecake **Overnight Oats**

2 tablespoons nondairy cream cheese

▶ 1¹/₂ cups non-dairy milk

▶ $\frac{1}{2}-\frac{3}{4}$ cup fresh or frozen blueberries

▶ 1 cup oats

2 tablespoons chia seeds

1 teaspoon Truvia or other sweetener (to taste)

▶ 1/2 teaspoon vanilla extract

▶ 1 teaspoon of lemon zest, or to taste

▶ Pinch of cinnamon Blend vegan cream cheese with milk. Combine all ingredients, except the blueberries, in a jar or bowl, mixing well. To prevent the chia seeds from clumping, stir a couple

JAR: Page B6



Contributed / Susan Alexander Blueberry Cheesecake Overnight Oats.

Stuck, not sure where to start

ear Annie: I have been technically single all my life. I did have

a casual

long-term

relationship

with a man

12 years. We

exclusive. We

never worked

were never

would have

exclusively,

and we both

that lasted for



ANNIE LANE Dear Annie

knew that.

That relationship ended badly. An unplanned pregnancy resulted in a painful miscarriage that required surgery. Not only was it physically painful but the emotional toll of losing my unborn baby was immeasurable. My "partner" completely abandoned me during that time and never acknowledged my pain or grief afterward.

It took about three years for me to not walk around with a cloud of

misery hanging over me constantly. I developed a fear of dating any man and giving him the potential to hurt me like this again.

I decided I would throw myself into my career and work hard at rising through the ranks, becoming as successful as possible, and trying to achieve some self-esteem and happiness that way.

Unfortunately, my plan has not played out. Although I do work hard and strive for perfection, this has rubbed some people within my company the wrong way. I've been held back from promotions many times. and after 20 years with the same employer, it seems I am doomed to stay where I am and never move forward.

This has tapped into the feeling of low selfesteem that started after my miscarriage, and I feel like I am forever in a dark place again.

I recognize that I am angry all the time and feel an overwhelming amount of sadness. Even though I recognize this, I am having a hard time breaking free and exploring other career opportunities, and the thought of leaving my company literally breaks my heart.

I don't know how to get over my fear of leaving my comfort zone, even though I know deep down it is what would be best for me. I feel like I am self-sabotaging, and I've hit a wall that I don't know how to break through. I also feel like I am unconsciously sending a message that it is OK to treat me badly.

Any advice on how to build my confidence back and truly leap toward what I believe I deserve? - Self-Stuck

Dear Self-Stuck: Instead of viewing your past as something that has beaten you down,

look at it as proof of your strength. You were able to bounce back from a breakup, a miscarriage and a medical emergency all by yourself.

Now that you're back on your feet, you have some choices to make: Do you want the fear of loss to stop you from ever finding love? Do you want to stay trapped in a stagnant career where vour hard work is not appreciated?

Your letter alone tells me the answer is no. Change is scary, but if you are not satisfied with the current state of your life, then it is absolutely necessary.

You don't have to go through it alone, nor should you. Reach out to friends and family members; get involved in a local organization; and seek a good therapist to help you work through the past so you can build a brighter future.

Send your questions for Annie Lane to dearannie@creators.com.



Special to The Forum WWE star Roman Reigns returns to the Fargodome on Jan. 15.

WWE is coming to the Fargodome

By John Lamb The Forum

FARGO — Wrestling stars from WWE Raw and Smackdown will face off Jan. 15 at the Fargodome.

The bill includes Universal Champion Roman Reigns and tag team champs The USOS against Drew McIntyre & The New Day. Also appearing will be Big E, Kevin Owens, Seth Rollins, Bianca Belair, Becky Lynch, Baron Corbin and more.

Tickets go on sale at 10 a.m. Friday, Nov. 19, ranging from \$17 to \$107 at www.fargodome.com.

ROSEWILD

From Page B5

You might expect to bump into Jay Gatsby or one's endocrinologist with a chardonnay in hand.

The atmosphere, inside, is sleek and angular with a lot of hard surfaces. When it fills up, it can be loud and feel a bit crowded. Instead of warm, it's cool in the Gucci sense of the word. If you're looking for tablecloths and intimacy to go with your \$33 coulotte steak, you won't find it there.

And the coulotte steak, by the way, is exceptional. Done according to the textbook to your order, it's a good example of the care taken in selection, preparation and presentation. It's served with a smear of whipped potatoes,



Coultette steak (\$33) at Rosewild.

caramelized onions

and leek ash, which is

one of those peculiar

ingredients that sets

The unique flavors

come from attention to

the detailed seasoning

and unique ingredients,

(\$32). Roasted in coals,

To prevent the chia seeds

from clumping, stir a couple

minutes after combining the

ingredients. Place the jar or

few hours or overnight. Stir

Maple Pecan Overnight

▶ $1\frac{1}{2}$ cups non-dairy milk

▶ 2 tablespoons chia seeds

► About ¼ cup pecan

▶ ¹/₂ teaspoon maple

▶ 1 teaspoon Truvia or

other sweetener (to taste)

Chopped pecans for

Blend pecan butter and

non-dairy milk. Combine all

ingredients in a jar or bowl,

mixing well. To prevent the

stir a couple of times during

chia seeds from clumping,

the first 10 minutes after

combining the ingredients.

Place the jar or bowl in the

refrigerator for a few hours or

overnight. Stir before serving.

Top each serving with a few

Carrot Cake Overnight

chopped pecans.

Oats

before serving.

▶ 1 cup oats

Oats

butter

extract

garnish

bowl in the refrigerator for a

of times during the first 10

Rosewild apart.

such as the bone

marrow served with

the roast sturgeon

Eric Daeuber / Forum

it comes with roasted parsnips and apples. It joins other autumnal flavors to make up a menu that is seasonal, local, oddly familiar

and, at the same time, distinctive. The menu is manageable and leans heavily to seasonings. Sturgeon, for example, is a mild fish, and mild



Eric Daeuber / Forum

at the center. The dishes don't shy away from salt, which has its place among autumn flavors.

The wine list is short but complete with reasonable prices. The dessert menu is brief and includes what has become common on high-end menus in the Midwest — some take on s'mores. In this case, it's a s'more pop (\$9) with a frozen ganache center, which loses some of its charm being frozen.

Service is very good. Our server was wellversed in the menu, listened and made good suggestions. As the dining room fills up, you find a steady flow of different servers with food and water making their way though cramped quarters. You may lose track of the server you started with.

Rosewild is a hotel dining room with an attached bar and all the hubbub that comes with that. It's part of a growing vibrancy that comes with a newly conceived downtown and, if a \$48 lamb shank fits into your picture of that urban landscape, it's a very good place to experience that.

Eric Daeuber is an instructor at Minnesota State Community and Technical College. Readers can reach him at food@daeuber.com

JAR From Page B5

Bison tartar at Rosewild. seasonings mixed with temperature control gives the dish an overall

sense of being complete. The same thing happens in the lamb shank, a much heartier

dish with a much more flavor-forward approach to seasoning and sides, with red cabbage and a hard-to-decipher salad

of times during the first 10 minutes after combining the ingredients. Add the whole blueberries and give another stir. Place the jar or bowl in the refrigerator for a few hours or overnight. Stir before serving.

I like my blueberries whole, but you can give them a spin with the non-dairy cream cheese and the milk, if you prefer.

Strawberry Cheesecake Overnight Oats

▶ 2 tablespoons non-dairy cream cheese

▶ 1¹/₂ cups non-dairy milk ▶ $\frac{1}{2}-\frac{3}{4}$ cup fresh or frozen strawberries, chopped

▶ 1 cup oats

▶ 2 tablespoons chia seeds

▶ 1 teaspoon Truvia or other sweetener (to taste)

▶ ¹/₂ teaspoon vanilla extract

Blend vegan cream cheese with milk. Combine all ingredients together in a large jar or bowl, mixing well. To prevent the chia seeds from clumping, stir a couple of times during the first 10 minutes after combining the ingredients. Place the jar or bowl in the refrigerator for a few hours or overnight. Stir before serving.

Chai-Spiced Overnight Oats

- 1 cup oats
- \blacktriangleright 1¹/₂ cups non-dairy milk
- ▶ 2 tablespoons chia seeds

1 teaspoon Truvia sweetener or other sweetener (to taste)

▶ 1/2 teaspoon vanilla extract

▶ 1 teaspoon chai spices (a mix of cinnamon, cloves, cardamom, and pepper)

Combine all ingredients in a jar or bowl, mixing well.

cream cheese

- ▶ 1¹/₂ cups non-dairy milk
- ▶ 1 cup oats
- 2 tablespoons chia seeds
- ▶ 1 teaspoon of Truvia or
- other sweetener (to taste) ▶ 1 small carrot, finely

chopped

▶ ¼ teaspoon ground cinnamon

- Dash of ground cloves
- \blacktriangleright ¹/₄ cup raisins

▶ 1/2 teaspoon vanilla extract

Blend cream cheese and milk together. Combine milk mixture with remaining ingredients in a jar or bowl, mixing well. To prevent the chia seeds from clumping, stir a couple of times during the first 10 minutes after combining the ingredients. Place the jar or bowl in the refrigerator for a few hours or overnight. Stir before serving.

Peanut Butter Chocolate Overnight Oats

2 tablespoons peanut butter

- ▶ 1¹/₂ cups non-dairy milk
- ▶ 1 cup oats
- 2 tablespoons chia seeds
- 2 tablespoons cocoa
- ▶ 2 tablespoons non-dairy powder

▶ 1 teaspoon Truvia or other sweetener (to taste) ▶ ¹/₂ teaspoon vanilla

extract

Blend peanut butter and milk together. Combine milk mixture with remaining ingredients in a jar or bowl, mixing well. To prevent the chia seeds from clumping, stir a couple of times during the first 10 minutes after combining the ingredients. Place the jar or bowl in the refrigerator for a few hours or overnight. Stir before serving.

Almond Joy Overnight Oats

▶ 1 cup oats

 \blacktriangleright 1¹/₂ cups almond or almond-coconut milk

2 tablespoons chia seeds

▶ 2 tablespoons shredded coconut

▶ 1 teaspoon Truvia or other sweetener (to taste)

▶ 1/2 teaspoon vanilla extract

► Toppings: vegan chocolate chips, shredded coconut, slivered almonds

Combine everything but the topping ingredients in a jar or bowl, mixing well. To prevent the chia seeds from clumping, stir a couple of times during the first 10

minutes after combining the ingredients. Place the jar or bowl in the refrigerator for a few hours or overnight. Stir before serving. Top each serving with a few chocolate chips, shredded coconut and almonds before serving. This is good heated for 15 to 30 seconds in the microwave to slightly melt the chocolate chips.

Peanut Butter and Jelly Overnight Oats

▶ 1 cup oats

▶ $1\frac{1}{2}$ cups non-dairy milk

▶ 2 tablespoons chia seeds

2 tablespoons peanut butter, creamy or chunky

▶ 1 tablespoon strawberry jam

Combine oats, non-dairy milk, chia seeds and peanut butter. To prevent the chia seeds from clumping, stir a couple of times during the first 10 minutes after combining the ingredients. Place the jar or bowl in the refrigerator for a few hours or overnight. Before serving, stir, then top with a spoonful of strawberry jam.

Susan Alexander is food columnist for the Duluth News Tribune. She loves gardening. farmers markets and creating delicious meals consisting of whole grains, fresh vegetables and fruits.

Left: Carrot Cake Overnight Oats. Middle: Chai-Spiced Overnight Oats. Right: Almond Cherry Overnight Oats.



COMICS **B7** THE FORUM | THURSDAY, NOVEMBER 18, 2021



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"I SCARED HIM OFF BY SHOWING HIM YOUR PAYCHECK."	22 Lena Dunha show 23 Dog topping 25 To wit 26 Wind-driver
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Find at least six differences in details between panels.	genre 51 Fiennes of ' Grand Buda
6. Leaves are added	Hotel" 53 Drops off be midday? 55 Easy throw 56 "Later" 57 Words With Friends, for 60 Post-teachin for some 62 Latvia neigh 64 Fluorescent element? 65 Like many a wedding pla 66 "It's just a fle wound" 67 Repair crew tiles
Differences: 1. Mailbox post is thicker. 2. Ear is larger. 3. Pocket is missing. 4. Patch on sleeve is different. 5. Nose is moved.	1 Interior desi specialty
Cryptoquip	
Each letter stands for another. If you think X=O, for example, it would equal O throughout the puzzle.Today's clue: Y = D	LYY RGN(
Yesterday's answer:	SRH

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Jared Jesse Piepenburg Ritka

Lydia Meteorologist Blume John Wheeler

Poynter

Get the latest weather news and alerts with up-to-date forecasts, current and future radar and more with the Stormtracker app.

Google Play App Store

Chinook winds bring mild weather

By John Wheeler Temperatures warmed into the mid and upper 60s across the western Dakotas on Monday. As this weather blew into the eastern Dakotas and Minnesota on Tuesday, it was considerably cooler. Such is often the way with Chinooks. The term is actually the tribal name of a group of Native Americans from the Columbia River region of Washington and Oregon, but also refers to a warm wind blowing down from the Northern Rockies.

The key to a Chinook wind is the change in temperature associated with

Meteorologist for WDAY Television.

StormTRACKER Forecast

Breezy the first half of today and then again Friday morning. Chance of snow Sunday.

Almanac Through 6 pm Temperature		High		Low
Wednesday		37°		31°
Normal		37°		20°
Record	73° in	1953	-9° in	1891
Precipitation			In Ir	nches
Wednesday				0
Month To Da	te			1.14"
Departure Fro	om Avg	Month 7	To Date	.53"
			4	7 00
Year To Date)		1	7.29"

Sunrise: 7:34 a.m. Sunset: 4:49 p.m. First Dec. 10 Moonrise: 4:36 p.m. Moonset: 7:52 a.m. Nov. 19

N	EA	TH	ER	TA	\L ŀ	<

the change in air density. Specifically, moisture-laden air moves up and over the western side of the Rockies, cooling as it rises, and expending much of its water vapor as rain and snow. Dropping down into the High Plains, the now dry air warms up faster than it cooled. Farther east, the lack of slope reduces this effect. We get milder air, but not so extraordinarily warm as out west.

John Wheeler is Chief

Full

Nov. 19



Rapid City

40s



THURSDAY	Nove	ЕМВЕ	r 18, 2021			S = Spa	arklight, N	M = Midc	ontinent		(X) D	ESIGNATES FARGO	, MOORHEAD, WES	ST FARGO, AND DIL	WORTH CHANNELS
STATION (X)	S	М	6 рм	6:30	7 РМ	7:30	8 РМ	8:30	9 рм	9:30	10 рм	10:30	11 рм	11:30	12 АМ
WDAY (ABC)	6	6	News (N)	Ent. Tonight	Station 19 "Lit	tle Girl Blue" (N)	Grey's Anatom	y (N)	Big Sky (N)		News (N)	(:35) Jimmy Kim ı	mel Live	(:35) Nightl. (N)	(:05) Paid
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KVLY (NBC)	0	(11)	News (N)	Wheel (N)	The Blacklist (N	N)	Law & Order: S	.V.U.	Law & Order: O	rganized Crime	News (N)	(:35) The Tonigh	t Show	(:35) Seth Meyers	S
KFME (PBS)	13	(13)	PBS NewsHour	(N)	Old House (N)	Ask House (N)	Prairie (N)	P.Mosaic (N)	Route 2 Elsewh	ere		Amanpour and	Company (N)	Asia Insight	World News
KVRR (FOX)	10	(10)	KVRR News (N)	NFL Pre-game	NFL Football N	ew England Patric	ots at Atlanta Fal	cons Site: Merced	les-Benz Stadium	Atlanta, Ga. (L)	KVRR Local Nev	ws at 9 p.m. (N)	(:35) Modern	(:05) 2 Broke G.
WDAY (CW)	28	(14)	Family Guy	Family Guy	Walker (N)		Legacies (N)		The Goldbergs	The Goldbergs	Bob's Burgers	Bob's Burgers	Black-ish	Black-ish	Schitt's Creek
KCPM (MNT)	27	(597)	Celeb Page (N)	Celeb Page (N)	Dateline "Brok	en Circle"	Chicago P.D.	300,000 Likes"	Access H. (N)	Mysteries	TBA	TBA	Dish Nation (N)	Cheaters	Chapel
CABLE CH.	ANNE	LS													
A&E	(199)	(41)	The First 48		The First 48: C	atch (N)	The First 48 (N)		City Confidenti	al (N)	(:05) First 48 "De	esperate Moves"	(:05) The First 48	: Catch	(:05) First 48
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СОМ	8	(61)	Daily Show	(:45) The Office	. ,		(:55) The Office	The Office	The Office	The Office			(:15) South Park	(:45) South Park	(:15) Daily Show
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TLC	215	(44)	Untold Stories			"Supersized: Julia	, . ,		1000-lb Sisters	()	Hoarding: Burie		My 600-lb Life		
TNT	185	(59)	Bones "The Ma	1		Ragnarok ('17, Ad				. ,	<u> </u>				
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BRIDGE

Stocking stuffers

Many good books appeared in 2021, including Mike Lawrence's "Insights on Bridge," Randy Baron's "The Only Bridge Book You'll Ever Need" and "On the Other Hand" by David Bird and Larry Cohen. To stuff your favorite partner's stocking, try Alan Truscott's set of flash cards on suit combinations -- the building blocks of good play.

South's leap to slam is questionable: The A-K of spades might be missing or the best spot might be 6NT. At six hearts, South wins the second club and must pick up the trumps.

FINESSE

If South had 5-3-2 opposite A-K-J-10-4, he would cash the ace before finessing with the jack, guarding against a singleton queen offside. Here, South should lead to the jack immediately. He loses if West has the bare queen but gains if West has a

low singleton: four times as likely. Similarly, Truscott notes that with A-K-4-3-2 opposite J-10-9, a first-round finesse is correct.

Baron Barclay has books and software, plus holiday gifts for bridge players. See baronbarclay.com.

DAILY QUESTION

You hold: ♠ A K Q ♥ 7 2 ♦ K 6 4 3 ♣ K J 5 2. Your partner opens 1NT, promising 15 to 17 points. What do you sav?

ANSWER: If partner has a maximum 17-point hand, or 16 with good spot cards or a five-card suit, you will be a favorite at 6NT. Bid 4NT, not ace-asking but a "quantitative" try for slam, and let partner judge. True, if he has 7 6, A K 6 3, A 9 5 2, A 4 3, you belong at six diamonds. A convention such as "Two-way Stayman" can uncover minor-suit fits. North dealer N-S vulnerable

	NOR ▲ A] ♡ 7 2 ◇ K (♣ K ,	K Q 6 4 3	
WEST ▲ 10 7 4 ♡ 6 ◇ 10 8 5 ♣ A 9 7	7 5		952 943 9
	SOU' ▲ 8 6 ♡ A 1 ◇ A 0 ♣ Q 4	K J 10 8 5 Q 2	
North 1 NT	East Pass	South 6♡	West All Pass
Opening	g lead —	• * A	



Yesterday's answer

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9	7	8	3	6	4	1	5	2
8	2	7	1	5	9	3	4	6
3	1	4	7	2	6	9	8	5
5	9	6	4	8	3	7	2	1
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Complete the grid so every row, column and $3x_3$ box contains every digit from 1 to 9 inclusively.