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NEWSSTAND \$2.00 • 2 SECTIONS

Flyers hurdle over obstacles

City okays proposed gym expansion plans

By Michael Achterling Detroit Lakes Tribune

DETROIT LAKES -With an estimate for parking lot construction costs near \$900,000 and a depleted city food and beverage fund, Detroit Lakes City Council members debated on how to move forward with the proposed Minnesota Flyers Gymnastics and Fitness facility expansion during their meeting on Tuesday. More than 30 min-

utes of the two-hour city council meeting on July 12 focused on the expansion plan. The council's main discussion points included: a low balance in the food and beverage fund; possibly handcuffing the consulting group, RDG, of Omaha, Neb., before they begin an in-depth overview of the West Lake Drive area from Washington Avenue to Legion Road; and, even

though the Flyers are raising their own funding for the expanded building, whether they would be willing to con-tribute to the construction costs of the cityowned parking lot.

Madalyn Sukke, alderman-at-large and chair of the city's public works committee, said the main question raised during their committee meeting was: Do we make them wait? Or do we let them move forward?

"Do we make them wait while the RDG group does their community meetings and attempt to come back to us with some overall plan for the area that we requested, from The Pavilion all the way down West Lake Drive to this spot?" said Sukke. "Or can we allow (the Flyers) to go ahead ... with the understanding GYM: Page A13



Michael Achterling / Detroit Lakes Tribune Leesa Lindgaard, director of Minnesota Flyers Gymnastics and Fitness in Detroit Lakes, speaks to council members about the proposed expansion of the Flyers facility and the surrounding parking lot during a regular meeting of the Detroit Lakes City Council on July 12, 2022.



Hairball performs at Bash on the Beach in Detroit Lakes as part of the 86th Northwest Water Carnival on July 15.

ROCKIN' THE BEACH Hairball plays to throngs of sandy-footed fans

By Michael Achterling and Vicki Gerdes

ith pyrotechnics, myriad costume changes and classic songs played to precision, Hairball delivered an actionpacked performance at Friday night's Bash on the Beach in Detroit Lakes, as part of the 86th Northwest Water Carnival festivities on Julv 15.

An event organizer for the Detroit Lakes Jaycees said they had sold all of the tickets they had pre-printed for the lakeside party and had to print more the night of the show to accommodate the large audience of sandyfooted concertgoers.



Vicki Gerdes / Detroit Lakes Tribune Country singer Eddie Montgomery greets the crowd with a big smile at the start of his Bash on the Beach concert in Detroit Lakes on Saturday, July 16.

Hairball, before taking

the stage for the group's

show. "Whether it's five

smiling faces, or 5,000,

we try to win them all."

"I don't know if we've ever sold-out a beach before, but if my guitar works, I'm happy," said Happy, guitarist for

of songs with iconic frontmen, including: KISS, Van Halen, Alice Cooper, Journey, Queen, Guns N' Roses, AC/DC, Black Sabbath and Ozzy Osbourne. During the medleys, at least one of the Hairball band members would change into the appropriate costume and, if needed, make-up for each of the singers to give the audience a more accurate depiction of the famed frontmen.

The legendary tribute

band covered medleys

Happy also said one of the most important things for him is to keep doing what he loves, which is playing music for others.

ROCKIN: Page A14

Three howls for pet parade, dog show

Retirement bash for Kathy Larson

By Vicki Gerdes

Detroit Lakes Tribune Kathy Larson, who taught vocal music at Detroit Lakes Public



Schools for 34 vears, has announced that she will not be returning this fall.

who

much so, in fact, that they are planning a twoday retirement bash for her, on Aug. 13-14.

"We invited students from her first musical, 'Damn Yankees,' all the way to her last one, 'Newsies,' to come perform in a cabaret show at the Holmes Theatre on Saturday night (Aug. 13)," said Carol Nustad, a longtime friend and Larson, colleague who worked also with her on dozens of directed 28 fall musicals. "We have musical theater produc-49 or 50 (former stutions for the district, left dents) coming back to quite an impression on perform." her former vocal and theater students — so

LARSON: Page A13

By Michael Achterling Detroit Lakes Tribune

Dogs and kids alike dressed up in costume to participate in the Pet and Doll parade, part of the Northwest Water Carnival, on July 16.

four-legged The friends and parade participants marched down Washington Avenue in Detroit Lakes as they made their way into City Park for the annual pet show, which immediately followed the parade.

Pet owners flung handfuls of candy to curbside parade watchers along the route who braved the hot and sticky weather on Saturday. By the time the pets reached the city band shell, each dog seemed to have their tongue hanging out the

side of their mouth.

One-by-one, the 16 pet competitors then showed-off their skills to the 2022 Junior Northwest Water Carnival prince and princess who then awarded each of the dogs a special certificate and bag of treats for competing.

Some of the categories awarded by the junior rovalty were:

- ▶ longest dog
- ▶ prettiest
- ▶ most fluffy ▶ prettiest eyes
- ▶ most black dog
- ► curliest
- biggest
- longest toe nails
- shortest legs
- most energy

Madeline Lavinger, was a dog dressed up as 7, the junior Northwest Thing 1 from the Cat and Water Carnival princess the Hat.



Michael Achterling / Detroit Lakes Tribune A happy trailer-load of superheroes rode in the Pet and Doll Parade on Washington Avenue in Detroit Lakes, as part of the 86th Northwest Water Carnival on July 16, 2022.

"The dog parade lv enjoyed the dogs in was fun and you got to see cute dogs," said Lavinger.

PETS: Page A14



Huge crowds show up for parade

for 2022, said she real-

costume. Her favorite

this year's water carni- he would use to describe val. "This was proba- the festiv bly one of our biggest 10-day run. turnouts (of spectators) for the parade. A lot of people commented, even the mayor (Matt Brenk) commented that it was more people than he remembered in the last few years."

"We had a couple of (parade entry) cancellations at the last minute, probably because of the heat," added Fetzer's co-admiral, Andrew Lessin. "But I thought overall, things went pretty smoothly."

In fact, he added, "smooth" was the term CROWDS: Page A14

the festival's entire

"There are always a few hiccups," Lessin said, adding that the spotty rains on Family Day (July 10) definitely "put a damper" on what he calls his favorite day of the water carnival, but they made the best out of it with an impromptu dance party and moving some of the events around on the schedule.

"But other than that (the rains), nothing really major happened that wasn't able to be easily fixed," Lessin said.

Emergency crews respond to car going into lake

By Barbie Porter Detroit Lakes Tribune Emergency crews responded to the report 15 late Monday morning. with injuries, with the water in Fog Lake near was injured in the crash. of a car going into a lake

The accident was vehicle reportedly rolling East Maud Lake Road. Details were not imme-

off Becker County Road reported as a rollover and ending up in shallow It's not clear if anyone diately available.



Barbie Porter / Detroit Lakes Tribune

Left: A vehicle went into Fog Lake, off County Road 15 near East Maud Lake Road, on Monday. Details were not immediately available. Right: A vehicle went into Fog Lake, off Becker County Road 15 near East Maud Lake Road, on Monday. Fire and rescue teams responded, along with law enforcement. No details were immediately available.

BRIEF

Teens from Moorhead, Audubon hurt in serious Hwy 10 crash near DL

Two Moorhead teens suffered serious, life-threatening injuries and two Audubon teens were hurt in a twocar crash on Highway 10 near Detroit Lakes on Sunday, July 17.

Benjamin Soloan Dickey, both 18 and from Moorhead, were taken to Sanford Health in Fargo with life-threatening injuries, according to the State Patrol. A third person in the car, Hunter Thomas More-house, 18, of Moorhead, was not injured.

Rose Cole, 16, both of Audubon, suffered injuries that were not life-threatening in the crash. They were not transported to a hospital, according to the State Patrol.

The Moorhead teens were northbound on Long Lake in both vehicles. No alcohol In the other vehicle, Raini while the Audubon teens were State Patrol.

CRIME REPORT

Gabriel Paul Spader and Celeste Evans, 18, and Jadyn eastbound on Highway 10 in a 2008 Volkswagen Jetta. They collided in the intersection.

Spader was driving the Honda, and Evans was driving the Volkswagen.

All five were wearing seat belts, and the airbags deployed Road in a 2015 Honda Fit, was involved, according to the Flight all assisted at the scene.

The crash was reported at 5:20 p.m. Sunday on dry pavement at milepost 42 in Detroit Township, just west of Detroit Lakes.

Detroit Lakes police and firefighters, Becker Coun-ty deputies, St. Mary's EMS, Sanford AirMed and Life Link **News Staff**

News Staff Detroit Lakes Tribune

Thursday, July 14

▶ 3:16 a.m., A 22-yearold pedestrian was transported by air to an emergency room after being struck by a vehicle at the intersection of County Road 21 and County Road 14, about 2 miles east of Callaway. The accident happened around 3:15 a.m.

► **5:25 a.m.**, Sexual assault of a child by a young teen reportedly happened over the July 4 holiday near Tulaby Lake, Waubun. The incident is under investigation.

► 6:29 a.m., Fawn was stuck in a fenced backyard along Summit Avenue, Detroit Lakes. Offiter had run away from Pleasant View Road, Frachild was located within an hour.

Friday, July 15

▶ 8:37 a.m., Vandalism of a men's bathroom a Decathlon's Rockridwas reported at a Detroit Lakes park.

▶ **10:23 a.m.**, Overdose at a business on Highway 10 was reported. A male, 24, was administered two doses of Narcan. The man refused further medical attention.

▶ 12:52 p.m., Accident involving two-vehicles was reported on Highway 34, Detroit Lakes. One person had an injured leg. No other information was available.

cers opened the fence ed male, 28, was being and then take the Airgate and left. The fawn argumentative and com- stream. The man said he bative before getting into his vehicle and driving away. He was arrested for DWI along Pow Wow Highway, Ponsford. was reported to a vehicle at a residence along issue was a civil matter.

their residence on Coun- zee. The vehicle's back between two pontoons Frazee. The male was ty Road 39, Osage. The window was broken and the back seats were slashed.

Saturday, July 16

▶ 10:40 a.m., Theft of er 21-speed bicycle was reported at a residence on Lincoln Avenue, Detroit Lakes.

▶ 11:05 p.m., Intoxicated male, 22, was told to leave a business on West Lake Drive, Detroit Lakes. The man later returned and was given a trespass citation.

▶ **1:13 p.m.**, Theft of an Airstream camper was reported at a residence on Whaley's Road, Ponsford. A property caretaker saw ▶ 2:26 p.m., Intoxicat- a man enter the cabin

was reported near Long Bridge Road, Detroit Lakes. No injuries were reported from one pontoon backing into another.

Sunday, July 17

▶ 1:05 a.m., Fire destroyed a cabin at a residence along 295th Avenue, Ogema. No one was at the residence. The fire is under investigation. Responding to the fire were the Ogema Fire Department and White Earth Fire Department.

▶ 1:06 a.m., Assault was reported at a business on West Lake Drive, Detroit Lakes. Female, 47, was assaulted by a female, 33.

▶ 12:57 p.m., Disturbance was reported as a

▶ 1:54 p.m., Accident cussing on Second Street, broke the passenger side arrested on an outstanding warrant.

3 p.m., Vandalism was reported by a female, 41, who was parked in a vacant lot along Second injuries. No other infor-Street, Lake Park. A male mation was available in approached her vehicle, the report.

window and ran.

▶ 5:20 p.m., Accident involving two vehicles was reported on Highway 10, Detroit Lakes. There were two possible

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With the proceeds of our Toys for Tots Literacy Program, we donated over \$1,000 of books to the El Zagal Shrine Club of Detroit Lakes!

returned to nature.

▶ 10 a.m., Female, 18, swerved to miss a deer and rolled a 2007 Ford Escape at the corner of Erickson Road and Skarie Road in Detroit Lakes. Minor injuries were reported.

▶ 7:15 p.m., Threats were made by a preteen against a 38-year-old woman in Lake Park.

▶ 8:41 p.m., Tenant on Main Avenue, Frazee reported they were being harassed by their landlord and the city building inspector regarding a trailer at the property that is not attached to the house. The complainant was advised to record interactions.

▶ 9:06 p.m., Resident on Main Avenue, Frazee said his solar lights, laundry basket with clothes and clothes pins were all taken from his yard on Main Avenue. It was noted there was also damage done to blooming

▶ 9:26 p.m., Grandparents reported their 13-year-old granddaugh-



Pablo from Spain, 17 yrs.

Loves soccer and would like

to learn to play baseball.

Pablo is a boy scout and

enjoys the outdoors.

was taking the camper to be repaired. The person who claimed ownership of the camper and the man who took it, recently ▶ 2:55 p.m., Vandalism ended their relationship. The officer explained the

Julie from Denmark, 16 yrs

positive, fun loving and easy

Enjoys gymnastics, swim

and photography. She's

to get along with.

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male, 33, was yelling and

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Here's what the governor is doing to fight lawlessness in the Twin Cities

News Staff

Last weekend, the State Patrol made nearly 1,500 traffic stops in a successful effort to help stop illegal street racing, dangerous driving, and other criminal activity in the Twin Cities.

The State Patrol and the Minnesota Bureau of Criminal Apprehension have stepped up to help out the beleaguered Minneapolis Police Department, which is seriously understaffed.

Those traffic stops last weekend led to dozens of DWI arrests, more than 100 citations for driving without a valid license, and multiple people cited for having illegal fireworks, according to a news release from Gov. Tim Walz, who is spearheading the effort.

Here are some examples of what's been going on in the Twin Cities:

to stop a motorcycle for speeding. The motorcycle fled, reaching speeds of 130 mph. Airborne troopers tracked the motorcyclist, who eventually took off on foot. The 48-year-old man was arrested, and was found to have a gun without a serial number.

► A trooper stopped a stolen, unmarked security vehicle, and the driver fled on foot. With help from above, troopers found the 33-yearold man and administered life-saving Narcan due to an overdose. Once safe, he was arrested on an outstanding felony warrant

► A trooper tried to pull over a vehicle with no plates and illegal tint. It fled on to city streets and ran through a red light. The trooper terminated the pursuit, aviation continued to track the vehicle. When the driver took off on foot, aviation observed the 44-yearold man toss an object that turned out to be a handgun. A Minneapolis

► A trooper responded to a fireworks com- illegal activity over the He was jailed on three of the Minnesota State outstanding Hennepin Patrol.

County warrants.

► A trooper tried to pull over a speeding vehicle. The driver fled, reaching speeds of 120 mph. The trooper terminated the pursuit, but a Hennepin County K-9 team helped track down the suspected driver a 38-year-old woman who was arrested for felony second-degree DWI.

A 41-year-old man was arrested for fourth-degree DWI, and troopers found an unloaded gun in the driver's side door.

► A trooper tried to pull over a vehicle for driving 98 mph in a 60 mph zone. The vehicle fled at a high rate of speed, passing traffic on the shoulder. A trooper initiated a successful PIT maneuver to force the vehicle to a stop, and the 28-year-old man behind the wheel was arrested for felony fleeing in a motor ► A trooper attempted vehicle and driving after revocation.

"Criminals have grown more brazen and more violent," said the Bureau of Criminal Apprehension Superintendent Drew Evans. "We're working in collaboration with our local and federal partners and the U.S. Attorney's Office to make our communities safer by identifying, arresting and holding these individuals accountable."

The state law enforcement team has been working to reduce the rise in crimes involving guns, carjackings, street racing and other violent crimes plaguing metro communities.

The State Patrol significantly increased its presence around the Twin Cities this past weekend by adding 20 additional troopers and aviation resources to designated areas, primarily in Minneapolis, on Friday and Saturday nights and Sunday afternoon to help stop that dangerous behavior.

Community Response "Our goal was to swell homicides and aggravat- A strategy to Team arrested the man. resources to combat ed assault and making reduce violence street racing and other felony warrant arrests, crime plaint. The 25-year-old weekend. The results illicit, high-powered the BCA was asked to suspect took off and was speak for itself," said handguns and AR-15 chased down on foot. Col. Matt Langer, chief rifles with body pierc-



The Bureau of Criminal Apprehension and its partner agencies have been focused on homicides, shootings and other gun-related crimes. Since their effort began in the spring, the BCA and its violent crime initiative partners have disrupted robberies and aggravated assaults, and chased down people wanted on

felony warrants. The BCA team has seized 128 guns, confiscated over 4,000 Fentanyl pills, made 200 felony arrests and opened 98 investigations.

While investigating "Our goal was to swell homicides and aggravat-"the teams are finding handguns and AR-15 develop ing rounds, extended magazines, ghost guns BCA assigned a team

illicit ammunition in extremely high quantities. These are often coupled with illegal narcotics like fentanyl," Evans said.

The BCA will continue focusing on the most violent offenders through September.

Last month, Gov. Tim Walz allocated \$4 million in federal American Rescue Plan funds towards the state's public safety efforts. The money helps pay for the Minnesota Department of Public Safety to combat violent crime, provide air support, and support victims of crime across the state.

"I am grateful to the Minnesota State Patrol and the BCA for answering the call to make our state safer for everyone," said Walz. "I am proud of the coordination across our law enforcement agencies and expect these efforts will continue to be successful."

The air power helped (made from kits) and of agents and analyti- ment, Hennepin County cal support to create a Violent Crime Reduction Support Initiative which also includes a full time detective from the Fridley Police Department.

This initiative is going after violent crime in Minneapolis and the greater metropolitan area in partnership with local, state, and federal agencies working on gun-related violent crime.

In addition to BCA and Fridley Police Department, the partners include the ATF, FBI, DEA, Homeland Security Investigations, Minneapolis Police Depart- impairment.

Attorney's Office, Hennepin County Probation and the U.S. Attorney's Office.

Last weekend, the State Patrol made nearly 1,500 traffic stops in a successful effort to help stop illegal street racing, dangerous driving, and other criminal activity.

This weekend, July 15 to July 17, a team of troopers will conduct high-intensity patrols on highways in the west metro – focusing on the deadliest traffic violations: speed, lack of seat belt use, distraction and





At Walz's direction. strategies to address increasing violent crime. The

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BRIEF

Detroit Lakes man injured in carpedestrian accident on County Road 21 News Staff

A Detroit Lakes man was injured early Thursday morning after being hit by a car while walking on County Road 21 about two miles east of Callaway.

Roderick Jager, 22, was airlifted to a Fargo hospital with what appeared to be non-life-threatening injuries, according to a news release from the Becker County Sheriff's Office.

He was hit by a vehicle driven by Joshua Janssen, 23, of Moorhead, who performed first aid while waiting for emergency personnel to arrive.

The initial investigation "indicates Jager was in the opposite traffic lane and then proceeded into Janssen's lane prior to being struck," according to the news release. The accident was reported at 3:16 a.m.

south of the intersection of County Road 21 and County Road 14. Police and ambulance crews from White Earth assisted at the scene, as did St. Mary's EMS and Lifelink III. The accident remains under investigation.

DL woman, Frazee man hurt in 2-car crash on Hwy 34 on Friday

News Staff

A Detroit Lakes woman and a Frazee man were injured in a two-car crash Friday afternoon on Highway 34 east of Detroit Lakes.

Susie Diane Hoppert, 69, of Detroit Lakes and Anthony Mark Vogt, 57, of Frazee both suffered non-life-threatening injuries in the rear-end collision, according to the State Patrol. Vogt was taken to Essentia Health St. Mary's Hospital. Hoppert was not listed as going to a hospital.

According to the State Patrol, a 2019 Subaru Outback driven by Hoppert was westbound on Highway 34, attempting to make a left turn. A 2004 Chevy Trailblazer driven by Vogt was also westbound and collided with the Subaru.

Both drivers were wearing seatbelts, airbags did not deploy in either vehicle, and no alcohol was involved, according to the State Patrol.

The crash was reported just before 1 p.m. Friday on dry pavement at mile marker 41 in Erie Township. Becker County deputies and Detroit Lakes fire and rescue personnel assisted at the scene.







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PINION **A4** WEDNESDAY, JULY 20, 2022 | DETROIT LAKES TRIBUNE

A Republican runs as a Democrat

ttention, Minnesota voters. I have a quick question for you. Who are the two Democratic Party candidates running for Congress from the state's 7th District in next month's primary? That's what I thought. You don't know.

Well, you should know. That's because one of them is really a Republican. I wouldn't make that up.

The unanimously endorsed Democratic candidate is retired English teacher Jill Abahsain of Sauk Centre. Abahsain sounds like a Democrat. She told me she's an advocate for women's reproductive rights, rural medical access, infrastructure for small towns and common sense gun control. Abahsain also told me she "loathed" the way Donald Trump behaved as president. "Jill is a very educated

and passionate candidate who understands western Minnesota," said 7th District DFL Chair Jennifer Cronin.

The other candidate is



Alycia Gruenhagen, who doesn't exactly push the Democratic Party agenda. On her candidate Facebook page she proudly claims, "I am a freedom loving, patriotic, pro-life, pro 2nd Amendment conservative Democrat from the heart of Minnesota's 7th District."

So, you might be thinking she's acting like a conservative Democrat in rural Minnesota. Well, then you should know that her father is Republican Minnesota State Rep. Glenn Gruenhagen.

Still not convinced? Then you should take a look at a picture she posted on Instagram where she's wearing leggings that say, "Make America Great Again." Nobody looking at that picture will confuse her with Nancy Pelosi.

This isn't even Gruenhagen's first time on the Democratic primary ballot. Two years ago, she ran and lost against longtime incumbent Collin Peterson.

"It is very suspicious," Cronin told me. "I wonder what she's up to." It is baffling. The

incumbent member of Congress from the 7th District is Republican and Donald Trump bootlicker Michelle Fischbach. She is heavily favored to win re-election. So, what's the point of a Republican such as Gruenhagen, hoping to run against the Republican Fischbach in a general election?

I tried to talk to Gruenhagen. I left phone messages for her, but she did not return my calls.

This race has been very low profile, with both candidates having little name recognition. Perhaps that's what Gruenhagen is counting on. Namely, that voters won't know either one of them, and so they will arbitrarily vote for her.

Well, I have this crazy theory that it's a good idea for Democrats to nominate Democrats. I also think that Democrats would want to know if a MAGA Republican is trying to win their party's nomination. Now, they know.

Speaking of elections, belated kudos to North Dakota Secretary of State Al Jaeger for disapproving petitions to put the issues of term limits and constitutional amendments on the North Dakota ballot. By determining there were too many invalid signatures for those measures, Jaeger maintained the integrity of the election process. He also refuted the myth that it's too easy to get proposed measures on the North Dakota ballot.

Shaw is a former WDAY TV reporter and former KVRR TV news director.

This column does not necessarily reflect the opinion of The Forum's editorial board nor Forum ownership.

Shaw is a former WDAY TV reporter and former KVRR TV news director

Like Jesus shows, take time to rest

nother church in my hometown has been preaching a sermon series called "Jesus took naps. Be like Jesus."

The pastors at the church aren't just being coy; they're actually driving home an important message to their parishioners: Even Jesus rested.

In our supercharged, hyperconnected, overstimulated way of life nowadays, it is way too easy to forget that we need time to shut down — mentally, physically and spiritually. We have tricked ourselves into believing that constant activity is the only way to succeed.

Jesus knew this: So that's why in the Gospel of Mark, just before he performs the miracle of feeding the 5,000, Jesus tells his disciples to "Come away to a deserted



had been working so hard, "they had no leisure even to eat.

In fact, in Genesis, we are told that even God rested on the seventh day after he created the universe. So, there seems to be a pretty good precedent for us to rein in our breathless pace.

You might have guessed: I recently returned from 10 days away from work and church, a time I spent with my family and friends at the lake, working in my backyard, walking my dogs, reading for fun and finishing the recent season

to recognize how run down, mentally and spiritually, that I was. You see, pastors, it seems, aren't much better at recognizing our human limitations, nor practicing what we preach. We, too, need reminders that always working at a breakneck pace doesn't always yield more and better results.

Sabbath, which is the concept of setting aside a day to rest and worship each week, is much too big to explore in full in this one column. But please know that our Creator didn't intend for us to be productive every waking moment of our lives. We are the ones who have contorted what it means to be successful, and thus we have created this everfaster carousel which seems impossible to jump off.

Admittedly, the

working hard just to make financial ends meet each month may politely wink at me after reading this. But, for a lot of us, our "busyness" is more about our quest for status than it is a necessity. And it is a trait on which we ought to reflect.

Does filling every waking hour with work make us better spouses, parents, friends or neighbors? Likely not.

But I'm pretty certain that playing games in the lake with your kids, fishing off the dock with your spouse and walking your dogs into the beautiful summer sunsets just might.

My friends, Jesus took naps. Be like Jesus.

Devlyn Brooks, who works for Modulist, a Forum Communications Co.-owned

company, is an ordained pastor in the Evangelical Lutheran Church of America.

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place all by yourselves and rest a while." For, as the gospel tells us, the disciples of "Stranger Things." With that vacation in the rearview mirror, it is easy

opportunity for rest varies with one's circumstances. Those who find themselves

can be reached at devlyn.brooks@ forumcomm.com for comments and story ideas.

'Child care is the business that allows other businesses to do business'

Minot. N.D. e've got to change the way we think about child care. This pressing policy concern was the topic of an excellent conversation we had recently with Lt. Gov. Brent Sanford on the Plain Talk podcast, and this was my takeaway.

Many of us, including this humble correspondent. think of child care workers as babysitters. But that perception isn't the truth. Child care workers are professionals who provide a deeply important service at the heart of our modern economy.

Gone are the days when it was possible for most families to subsist on a single income, with one parent staying home to provide child care. Modern families have to send both parents to work, but young families with young children can't do that without access to affordable child care.

Labor shortages have been a chronic problem for North Dakota for generations. Those shortages are particularly acute now, postpandemic, and our ability to address them is hamstrung by the number of people who could be working except that they either cannot find or cannot afford child care.

"Child care is the business that allows other businesses to do business," one of



the panelists at a recent Chamber of Commerce event in Fargo said of this issue. That's how we must

perceive this issue.

I'm concerned that our state's policymakers don't understand that.

Look at our lawmakers. Almost none of them have school-aged children.

Many of them come from a generation when it was still possible for a family to survive and thrive with one income.

They need to snap out of it.

This is a real problem for North Dakotans today, and it needs a public policy solution.

We conservatives are inclined to suggest that access to child care is a problem for the market to solve, and while I think there is some red tape and costs we could clear away to make operating these businesses easier, the child care industry is facing a chicken and egg problem.

They can't pay enough to attract a consistent supply of qualified workers — the average child care worker



David Samson / The Forum

Child care providers, teachers and parents display signage to raise awareness as part of a national "A Day Without Child Care" event along Main Avenue and Eighth Street in Moorhead on May 9

makes \$11.61 per hour, just a titch more than my 14-yearold makes busing tables and they can't pay more because the rates they're charging parents are already too high.

The average child care business is operating on a profit margin of about 3%. "The day care model is uneconomic," Sanford said during our podcast discussion. "It doesn't work."

We have to make it work, though we also need to stay focused. Many of the people talking about the child care problem seemingly want to solve it by extending the K-12 school experience down to infants. Sanford described

colorfully it as backing "the school bus up to the maternity ward."

There's nothing wrong with that impulse, but the problem before us isn't education. It's access and affordability.

If we want North Dakota to be open for business, we need to make sure our workers can find child care. We need child care workers as acutely as we need teachers and nurses.

We've talked enough about this problem. It's time to start doing.

Rob Port is a columnist, news reporter and podcast host for Forum News Service. Reach him at rport@ forumcomm.com

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OBITUARY

William "Bill" Fritze

On July 12, 2022, William Clement Fritze, Jr. (Bill) left this earth to with Jesus walk surrounded by loved ones. He was born March 5, 1938 in St Paul. MN where he grew up. Because he was a PK (preacher's kid), the family spent



many years in the Stanton/Randolf area where Bill and his siblings would be part of the church service either singing, playing instruments or anything else that needed to be done. Bill also worked on a farm where he learned how to work and have fun at the same time. Perhaps more of the fun than the work.

Bill was an athlete and attended Harding High School in St Paul where he played football, basketball and was in the band. Upon graduation, he enrolled at Mankato State University where he obtained a degree in Physical Education. In Blooming Prairie, MN he married and got a job as a teacher and coach where he taught for 16 years. His teams were successful. He developed relationships that were based on the blood, sweat, and tears of competing and pushing those athletes to be the best that they could be. His belief was that it was not always what the athlete could do for the team, but sometimes its what the team can do for the athlete.

Bill was a dreamer and in 1978, moved his family to Park Rapids, MN to buy Isle O' Dreams resort. His love of people shined through as well as his exuberance for entertaining. Bill was very good at coming up with new activities and was active in the Park Rapids Chamber. From singing around the campfire, calling bingo, waterski shows, volleyball, and putting contests, Bill was the ultimate host for people to relax and enjoy their vacations year after year.

In 1988, Bill purchased Hoot Owl Lodge where he would live and love life for the next 33 years continuing on the tradition of making Hoot Owl a destination place where everyone felt like family. He married Shirley (Wattenhofer) Felt in 1994 and together they built a vacation dream land. Bill loved when new people walked in the door and his motto was "Strangers are just family I haven't met yet". Countless summer workers called him "Dad" as he mentored and loved them as his own. Pulling water skiers, driving the tractor for hay rides, bingo and his true favorite, Orchestra week, kept Bill young at heart and loving life.

He loved people. All the world was his stage and his hospitality towards all was legendary. He loved with his whole heart and lit up whenever loved ones visited. It was one of his greatest joys to be with them. Getting calls and visits from those he called son, daughter, and grandchild meant the world to Bill.

Bill is survived by his wife, Shirley, six kids: Kent (Michelle) Fritze, Todd (Darcey) Fritze, Kate (Mark) Nistler, Jeff (Heather) Felt, Justin (Amy) Felt, and Jerry Dan (Angel) Felt and son-in-law, Scott Ellingson along with numerous grandchildren and great grandchildren as well as those adopted in spirit into the Fritze family. Bill was preceded in death by his parents, William and Lois Anne Fritze, one sister, Margaret and daughter, Jennifer (Felt) Ellingson.

MILESTONE



Charlee June Riewer

Meghan & Tyler Vergas, of Riewer, Minnesota, are happy to announce the birth of their daughter, Charlee June Riewer. Charlee was delivered by Tonya Diggins, CNP, Midwife, at Perham Health on July 10, 2022, at 4:22 pm. She weighed 6 pounds, 12 ounces and was 19 1/2 inches long. Charlee is welcomed home by siblings Colt & Camdyn; grandparents Mike & Lynette, Jim & Amanda, and Brett & Greta; and great-grandparents Lester & Mary, Jim & Sandy, Crystal, and Linda.

DEATHS

Kerry "K.K" Larson

Oct. 22, 1948 -June 17, 2022 BRECKENRIDGE,

Minn. - Kerry "K.K" Larson, 73, Breckenridge, Minn., died Friday, June 17, in his home.

A graveside service with full military honors will be 3 p.m. Friday, July 29. at Ada (Minn.) Municipal Cemetery. A life celebration of gathering will follow at Ada Event Center.

Arrangements by Fredrikson-Ganje Funeral Home in Ada.

Gary Neuschwander

April 24, 1970 -July 17, 2022 WADENA, Minn. - Gary Neuschwander, 52, Wadena, Minn., died Sunday, July 17, in his home.

BITUARIES

DETROIT LAKES TRIBUNE | WEDNESDAY, JULY 20, 2022 | A5

HAPPENINGS

an intriguing look into the world of beavers. Discover some amazing adaptations this creature has acquired over thousands of years of evolution. Learn how this large rodent played a significant role in Minnesota's history. Meet at 7 -p.m. in the Discovery Center for the program, and then visit a nearby beaver lodge.

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calendar items for

publication online and,

space permitting, in our

Wednesday and Sunday

must be made at least a

week in advance of the

event date, in writing,

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com. Each submission

must include the date.

and/or website). Also

vgerdes @dlnewspapers.

time and location of event,

and where to go for more

information (phone, email

include whether the event

is free or paid admission,

and how much it costs

Thursday, July 21

Library: Cool down with

some water games and

a water obstacle course.

(1000 Washington Ave.).

Swimsuits recommended.

women age 14 and up are

invited to come to Detroit

Area from 5-9 p.m. for a

relaxing evening of wine

gourmet s'mores, scenic

and snacks on the summit,

lift rides, yoga, sangria

live demonstrations and

free samples from local

live music in the Ace's

Wild Saloon. All tickets

\$10; sign up online at

detroitmountain.com.

Ferreira (piano/vocals)

and Russ Peterson

business vendors. Olivia

Ullrey will also be providing

Live at the Lodge: David

(saxophone) will present

an evening of live music in

the Lodge on Lake Detroit's

Fireside Lobby from 5 to 8

p.m.). Free admission; food

and beverages available

Friday, July 22

Food Truck Fridays:

Fridays will take place

Hosted by Detroit Lakes

Noon Rotary, Food Truck

every Friday through Sept.

for purchase. More info at

thelodgeonlakedetroit.com.

Water Games at the

2 p.m. at the Detroit

Lakes Public Library

Free and open to the

Women Take the

Mountain: All area

Mountain Recreation

tasting, finger foods,

public.

when applicable.

to either dltribune@

print editions. Submissions

Marie Osmond: Singer and entertainer Marie Osmond performs live at 8 p.m. on the main stage of the Shooting Star Casino Event Center in Mahnomen. Tickets on sale at starcasino.com and 800-453-7827.

Saturday, July 23

Mountain Mayhem: Detroit Mountain and Crossfit Detroit Lakes have teamed up for an all new event, "Mountain Mayhem," taking place from 8 a.m. to noon at Detroit Mountain Recreation Area. More than just a hill climb Mountain Mayhem is a challenge requiring you to dig deep, and go beyond your limits. Athletes will have one hour to complete as many "laps" up and down Detroit Mountain as possible, climbing and descending the steep hill for the entire race; must cross lap lines at both the top and bottom of the Mountain for each lap to count. Visit detroitmountain.com for more information.

VFW Sock Hop: Detroit Lakes VFW Post 1676 will be hosting a 1950s-style sock hop with live music from Larry K, starting at 6 p.m. Costume contest

Sunday, July 24

Color Guard Breakfast: The Lake Region Veterans Color Guard will be hosting a breakfast fundraiser from 8 a.m. to noon at the American Legion Club, 810 West Lake Drive, Detroit Lakes. Suggested donation is \$8 for a meal including scrambled eggs, pancakes or French toast, sausage or bacon, and coffee or orange juice. All are welcome.

Art in the Park: Detroit

and float in midair. For the first time, they can be seen mating, laying eggs, and raising families, in intimate detail. All are welcome; movie lasts 50 minutes.

Tamarac History Talk

and Driving Tour: Take a journey into Tamarac's past. Before the refuge was established. this landscape was extensively settled. Who were these folks? Where did they live and how did they survive in this wilderness? What role did the CCC play in refuge development? Meet at 1 p.m. in the Discovery Center for a presentation, and then drive in a caravan to several historical sites. Wear sturdy shoes and bring your stories to tell.

North Stars Water Ski Show: Come out to the Vergas City Beach and watch the North Stars Water Ski Show from 4 to 5 p.m. No admission fee; open to the public.

Monday, July 25

Anime and Manga Club: Anime and manga fans are invited to geek out over their favorite shows and stories, starting at 4 p.m. at the Detroit Lakes Public Library. A different theme is discussed at each monthly meet-up, and snacks are always available.

> Compiled by Vicki Gerdes / **Detroit Lakes Tribune**



Heaven has gained a good one.

A celebration of Life Service will be held on Friday, July 22, 2022 at 1:00 PM at the Faith Bridge Church in Park Rapids, MN. Visitation will be held from 11 AM until 1 PM at the church. A luncheon will be hosted following the services at the church. Friends may leave online condolences at ceasefuneralhome.com.

Visitation will be from 10-11 a.m., followed by a memorial service at 11 a.m., Tuesday, July 26, at Karvonen Funeral Home in Wadena.

Arrangements by Karvonen Funeral Home.

Detroit Lakes City Park. 11 a.m.-2 p.m. Food trucks on site may change; event will be held rain or shine.

Kicks Band Summer Park Concert: The FM Kicks Band performs live at Detroit Lakes' Washington Park at 7 p.m. Featuring vocal and instrumental music in the genres of Jazz, Funk, Blues, and Latin. Bring a lawn chair and water for maximum enjoyment; free and open to the public.

Detroit Lakes Baseball:

Come out to Detroit Lakes' Washington Ballpark to see the city's new amateur baseball club play Midway at 7 p.m. Open to the

Tamarac "Leave It To Beavers" Program: Take



Wildlife Movie: A

free screening of the family-friendly, wildlifethemed movie, "Super Hummingbirds," will be held at 2 p.m. in the Visitor Center at Tamarac National Wildlife Refuge. With highspeed camerawork and breakthrough new science, we enter the fast-paced world of hummingbirds as never before. They move faster than the eye can see, and possess natural born super powers that enable them to fly backwards, upside-down,

most people, even under the best possible conditions. However, for the hearing impaired they possible conditions. However, for the hearing impaired they can be incredibly frustrating and even disastrous. The masks often worn by doctors and nurses can muffle sound and make lip reading muffle sound and make lip reading impossible, and it is not always possible to have someone along to advocate on a hearing impaired individual's behalf. Packing a "hearing-loss hospital kit" to have available for emergencies can help overcome these challenges. Keep buttons or stickers that say "Hearing Impaired" or "Speak "Hearing Impaired" or "Speak louder and face me please" in the kit to avoid communication barriers. Include lists of things that may be needed and instructions on how to better communicate to staff

how to better communicate to statt. Your peace of mind and well-being are always our number one priority. Our comprehensive services therefore include more than hearing testing, proper hearing aid recommendation and fitting, fresh high-quality batteries, and follow-up support and counseling. As advocates for enhancing our patients' quality of life, we are trained to work with people to identify treat and prevent hearing trained to work with people to identify, treat, and prevent hearing loss, and work with them on any issues that may develop in the future. Can we help you achieve better hearing? Call us at 1-800-631-4046, 223 North Jefferson, Wadena. JEFFERSON HEARING provides this information as a public service. If we become aware of any unusual condition during a hearing consultation that warrants hearing consultation that warrants

hearing consultation that warrants additional professional attention, we can provide an expert referral. P.S. During a hospital stay, patients will likely have to take their hearing devices off at some, so including a clearly labeled container for their devices is important.

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In the courtroom and the skies Minnesota tribe carries on its challenge of the Line 3 pipeline

By Jennifer Bjorhus

Star Tribune MINNEAPOLIS — Over two days last November, an aircraft outfitted with high-definition thermal imaging equipment flew the 340-mile length of the Line 3 oil pipeline across Minnesota. It was scouting for evidence of more construction-related damage to the state's aquifers.

Oil has been flowing through the completed pipeline for months now, but the White Earth Band of Ojibwe — Min-nesota's largest Native American tribe with about 20,000 members continues fighting the project in court, and through extraordinary surveillance efforts.

The band now says aerial imaging found six more sites that indicate potential breaches to public groundwater resources.

Both Enbridge and the state Department of Natural Resources (DNR) say they've done aerial checks of their own and haven't found any breaches beyond the three the DNR confirmed March 20, which spilled nearly 300 million gallons of groundwater — about what a city the size of Brainerd, Minnesota, would use in a year.

But the first of the breaches went undisclosed for at least five months. The Band and environmental groups such as the Sierra Club and MN350, which shared the cost of the \$52,000 flyover, say they don't trust the process to protect the resources.

"The environment is that important to us, our natural environment," said White Earth citizen Dawn Goodwin, a key pipeline opponent and co-founder of RISE Coalition, an Indigenous women's environmental group. "I live here found the possible new has a real strong ther- es are unlikely to per-

here."

The state already fined Enbridge for that first breach but the DNR is still working on comprehensive penalties for all three breaches. Meanwhile, Minnesota Attorney General Keith Ellison is reviewing the first incident for potential criminal charges.

White Earth tribal lawyer Frank Bibeau said they will share the new flyover information with Ellison's office. The images are also being presented in tribal court as evidence in the band's groundwater legal fight with the DNR.

The groundwater problems are exactly what Line 3 opponents warned could happen on such a major project cutting through Minnesota's watery northern landscape, Bibeau said.

"Now we have to live with it and they get paid the big money for destroying our planet," Bibeau said. "This stuff is irreparable for a millennia. Those are hard words to think about."

DNR Deputy Commissioner Barb Naramore said the agency is aware of the flyover's basic findings but hasn't yet received copies of the aerial footage and technical information.

Kellner, Juli spokeswoman for Calgary-based Enbridge, said the company did not know about the tribe's new claims.

"We have flown over and walked the route repeatedly and have worked with geologists, hydrologists and the regulatory agencies," Kellner said. "The regulatory agencies have and further investigation and we have found no further issues.'



Enbridge's Clearwater Terminal pictured Sept. 28, 2021.

regulators are only water," said Broberg. looking at problems Enbridge self-reported.

Naramore disagreed. The DNR did its own aerial inspections "of relevant portions of the line extending beyond the areas around the three known breaches" and found no others, she said. She noted that groundwater on the surface does not always mean an aquifer was damaged.

"If White Earth or any other parties furnish us with specific and actionable information that warrants additional investigation, we will follow up as appropriate," Naramore said.

The images captured by the tribe's contractor record the temperature difference between groundwawarmer ter and frozen ground. Broberg said they are examining more than a terabyte of data and plan to verify sites with inspections by foot. A completed site visits final report will be out this summer.

One site they suspect of being another breach Jeff Broberg, a geolo- is about a mile from gist collaborating with where Line 3 crossed the White Earth Band, under the Otter River said he thinks the group in St. Louis County: "It and my ancestors lived accident sites because mal fingerprint of warm manently damage the

Litigation

The band's flyover results were first disclosed in court documents filed March 25 in the White Earth Band's tribal court of appeals, and first reported on the Healing Minnesota Stories website. They are appealing the tribal court's decision in March to dismiss the novel "rights of nature" lawsuit in which the lead plaintiff was wild rice, or manoomin, with its own rights to clean and undisturbed water.

The lawsuit challenges the DNR's permission of Minnesota's Departto Enbridge to pump a maximum of 5 billion Biosystems Engineergallons of water from its construction sites. The band says the pumping during last summer's drought has severe harmed wild rice beds.

The Tribal Court dismissed the case March 10, saying it doesn't have jurisdiction because the alleged violations didn't occur on the reservation. A parallel case is pending in federal court.

Aquifers

The Line 3 breach-

aquifers, said Timothy Cowdery, a hydrogeologist with the U.S. Survey. Other scientists have expressed concerns above-ground about impacts and they go beyond the waste of a

public resource. Some are concerned the discharge of groundwater could lower the water pressure in the aquifers, potentially drying up wells or municipal water supplies. That's a particular concern during a drought, said Joe Magner, a licensed hydrologist in the University ment of Bioproducts and ing. Groundwater flowing out can also cause soil erosion on the surface and carry sediment into nearby wetlands, lakes and streams and damage those ecosystems, he said.

It's not clear whether any wells have been

affected by the breaches. Clearbrook City Clerk Lucie Thompson said she's unsure whether the town draws from the same aquifer as the one Enbridge crews punctured near Clearbrook in January 2021, releasing at least 50 million gallons. But the city has two wells, she said, and the rupture "hasn't affected that."

The breaches can have other effects, including contaminating the aquifers and altering their chemistry in a way that damages plants and animals, said Kristen Blann, a freshwater ecologist at The Nature Conservancy.

The Clearbrook breach threatens a nearby calcareous fen complex that the DNR said is fed by groundwater from the same aquifer. Protected by state law, calcareous fens are rich in calcium and peat and so unique the DNR considers them "one of the rarest natural communities in the United States."

Enbridge has hired a consultant to study breach effects on the fen

In the third confirmed aquifer breach, just outside the reservation of the Fond du Lac Band of Lake Superior Chippewa, groundwater flowing onto reservation land could harm the band's stands of sacred wild rice, a plant particularly sensitive to water depth, temperature and chemistry. The band has said it will have a better understanding of any impacts during the coming growing season.

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Geological

Home brew and bingo contests bring fun to a rainy Thursday

By Barbie Porter Detroit Lakes Tribune

The home brew contest was held under a tent on a rainy evening on Thursday, July 14. Tom Trowbridge's Irish Maple Stout was the clear winner.

Mike Noll, Detroit Lakes, sipped the stout and noted, "It was a fierce competition, but he pulled it off in the end."

Noll spoke in jest, as Trowbridge was the only one to enter in this year's home brew contest. However, he and his wife Lori, said if there was competition, the maple stout would still be tough to beat.

"You can taste the maple," Lori Noll said. "And, it has good carbonation and color. I could see myself ordering and drinking this."

The Jaycees providing the beer to taste testers were Walker and Erika Martin. The two were surprised at the low turnout of homebrewers, as last year's event that and come back strong with for the annual bingo event. was a hit.

"Last year, we were on the beach and it was a weekend event," she



Barbie Porter / Detroit Lakes Tribune Lori Noll (from left) and Mike Noll braved the rain storm to enjoy the Northwest Water Carnival home brew competition on July 14. Pouring samples on behalf of the Jaycees were Erika Martin and Walker Martin.

home brews again next year."

lion, was where many waited out Spaeth said.

said. "We might have to rethink the storm. The venue was filled

ome brews again next year." "It is always a big event and Down the street, at the Pavil- usually a full house," Jaycee Kate





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Sjostrom collects the 2022 Human Service Award

By Barbie Porter Detroit Lakes Tribune titles of secretary, president-elect and president

Thank you for your nominations.

*Best Memory Care Facility *Best Retirement Community • Best Large Business To Work For

•Best Administrative Assistant - Jodi Greisen



Deb Sjostrom, director of human services for Otter Tail County, received a standing ovation during the County Board meeting on Tuesday, July 12.

After being presented with the statewide 2022 Human Services Award, Sjostrom said she "was a little taken aback and surprised" to have received it.

Mathew Freeman, Minnesota Association of County Social Service Administrators executive director, explained the award is given to one person each year. The recipient must have expertise in the social service field and exhibit a high level of commitment and professionalism.

Freeman said peers submit nominations for the award. He noted that Sjostrom has checked off all the award requirements. He added her work has helped people on the state, county and local level.

Sjostrom has also served on the MACS-SA board and held the

for MACSSA. She is currently filling the organization's past-president role.

Words used by colleagues to describe Sjostrom in the nomination letters included "warm. dedicated, selfless, inclusive, a problem solver, tenacious, a navigator" and more, Freeman said. The County Board members thanked her for

her hard work. Commissioner Wayne Johnson also recalled meeting her for the first time at the FargoDome. Since then, he said Sjos-trom has "taught me so much through grace, expertise and example. I call her a friend, neighbor and pretty soon a bicycle riding companion. Thank you for bringing me along as a person."

According to the press release, Sjostrom entered the field of social work for Otter Tail County in 1990. By 2006 she was promoted to a supervisor in the Long-Term Care/ Development Disabilities Unit. And in 2015, she became the county's human services director.



Thursday, July 21 at 7pm Friday, July 22 at 7pm Saturday, July 23 at 2pm Area youth perform The Music

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What was it like to live in Fargo's 'Pest House'?

Detention hospital housed those with infectious diseases for decades before discovery of antibiotics

By Tracy Briggs The Forum

FARGO — In the summer of 1947, all 9-yearold Donald Person wanted to do was ride his bike, play ball and explore the depths of the West Fargo clay pits for crayfish, snails and tadpoles.

But when the rosy glow of his skin turned out not to be sunburn, Person's summer plans went out the window.

Along with his "red sandpaper-like rash," Person had a sore throat and fever.

"Apparently, Mother was sufficiently concerned such that she sought consultation with my pediatrician," Person recalls. "He diagnosed me with scarlet fever."

According to the Mayo Clinic, scarlet fever is caused by the same bacteria that causes strep throat and is most common in children ages 5 to 15. In recent years, antibiotic treatments have made it less threatening. But in 1947, it was serious and contagious enough that the Person family took a dramatic step.

Little Donald was sent away — off to the Fargo City Detention Hospital, nicknamed the "Pest House."

"I was scared to death. I think I was the only patient there," Person says.

So what was this mysterious brick building at the corner of Elm Street and 11th Avenue North, what went on in there and what ever became of the "Pest House"?

'The handsomest of its kind'

An Oct. 13, 1910, story from The Fargo Forum and Daily Republican congratulates Fargo for showing its "metropolitan spirit" in two ways — one by voting for a good park commission,

pital at 57 11th Ave. N., right near Mickelson Field. Newspaper reports from later in 1910 mention that the newly con-structed building was "one of the handsomest of its kind in the northwest," with its terrazzo floors, marble stairs, concrete walls and big windows.

In less than 10 years, the "handsome" building would be a bustling place with the influenza outbreak of 1918. In the 1930s, things had slowed way down and city leaders considered tearing it down. But during the 1946 polio outbreak, the hospital was filled once again. The next year, Person became a patient.

'Time hung very heavy'

Person says he remembers being dropped off at the hospital one afternoon shortly after his scarlet fever diagnosis. He said goodbye to his family, then was brought to a huge hospital room with four neatly madeup empty beds. He was the only one there.

"My only connection to the outside world was a bell on the bedstand," Person recalls.

A little later, a college student whom Person believes had rheumatic fever became his roommate.

"I recall he had many books and was constantly reading and study-ing," he says. "There was absolutely nothing for me to do except lie in bed and stare at the ceiling. No radio, no phono-graph and no TV."

And it wasn't like there was a staff of caregivers helping him pass the hours.

"There was a single nurse who took care of golden age of antibiotic discovery." Cass Coun-ty bought the detention everything, including cooking, washing, nursing and preparing the center from the city and food, and I'm sure in intertime she was down stoking the furnace with coal and the whole thing," he says. location for H Worse yet, the room programming. was very dark. The window shades were drawn, he believes, to protect his eyes from the sun. "Time hung very heavy on my mind," he recalls. Some of the only bright spots were visits from his family on Sundays. His mother, father and younger brother were not allowed in the room, so they waved greetings from outside the window. leaving behind lilacs the nurse put in a Mason jar by his bedside. "To this day (75 years later) the sweet smell of lilacs evokes a visceral reaction, which nause-ates me," Person says. But Person was relatively lucky. He only staved for two weeks. had Other patients stayed for months.



Tracy Briggs / The Forum This building at 57 11th Ave. N. in Fargo was once the place where people with infectious diseases could be isolated.



Contributed / Historical and Cultural Society of Clay County / Clay County Archives The construction of the Fargo City Detention Hospital in 1910 was seemingly a proud moment for the city in caring for patients with contagious illnesses while protecting the rest of the population.

pediatrics and rheumatology to Tripler Army Medical Center in Honolulu, Hawaii, and lives in San Antonio, Texas. He says he's not sure if his time in the detention hospital influenced his decision to go into medicine, but he says he was always fascinated with the story of the "Pest House" -– the place he called home for two weeks in the summer of '47. And not long ago, life kind of came full circle. "When I came back to Fargo for my 55th high school reunion, a friend of mine took me to my old house in south Fargo and the lady who lived there graciously allowed us in," he says. "It turned out she used to teach Head Start in the old detention hospital. It's amazing sometimes how stories just end up crossing."



and the other by allowing bond funding for a new detention hospital.

"In providing for the health of its inhabitants the city has taken a long stride in the right direction. Parks are a means of avoiding disease and a detention hospital, a place to segregate contagion."

The idea of isolating people with contagious diseases in a separate facility was nothing new. Sanatoriums (sometimes called sanitariums) became popular in Europe in the 19th century to isolate tuberculosis patients. The idea spread to North America and extended to include patients suffering from influenza, rheumatic fever, scarlet fever and more.

City leaders appeared to be both proud and excited to build a hoshas used it in different capacities through the years, including the location for Head Start

its last legs as Amer-

ica was entering what

the National Institute

of Health called "the

Today, you can find the property listed at Apartments.com where photos show unique individual residential units with brick walls and spiral ductwork.

For his part, Person recovered nicely from his stay in the "Pest House." He went on to graduate from Fargo Central High School, later attending college and graduating from the University of Minnesota's medical school.

Since then, he's had an impressive career in medicine. He retired from active clinical practice in 2008 after more than 49 years in the Army. He currently serves as an expert consultant in telemedicine, clinical investigation,

Readers can reach Forum reporter and columnist Tracy Briggs at tracy. briggs@forumcomm.com.



Wambolts returns

121-year-old camp has new owners

By Lorie Skarpness Park Rapids Enterprise

One of the oldest resorts in Minnesota has new owners who want to preserve it for generations of vacationers to come.

Wambolts Cabins is located on the Mantrap chain of lakes, about 16 miles from Park Rapids. It first opened as a fishing camp in 1901 and has only changed ownership four times in 121 years.

Anne and James Dougherty purchased the resort in late 2021, and this is their first season as owners.

From fishing camp to resort

Alexander Otto Wambolt, who went by his nickname Bud, filed a claim for 40 acres on Upper Bottle Lake. He built Fisherman's Lodge in 1899, and the first guests arrived in 1901.

He used a team of horses to transport guests from the railroad depot in Dorset to the resort, later changing the name to Wambolts Resort to attract more families.

According to an inter-view with his daughter, Louise, by former guest and Upper Bottle Lake representative Tim Dwight, the resort was the first on the Mantrap chain of Lakes.

In 1904, Bud married his cook, Amelia Hensel of Dorset. They raised dairy and beef cattle and had a large vegetable garden. Guests were served three meals a day, cooked on a wood-burning stove. Pies, cakes and bread were baked fresh daily.

Louise said fish caught at the resort were packed in boxes with ice blocks cut from the lake during the winter and stored in the ice house on the property. The fish was shipped back to the guest's destination on the train with new ice added on stops along the way, as needed.



Contributed photos / Anne Dougherty

Wambolts has the distinction of being one of the first resorts in the state, opening in 1901 as a fishing camp and expanding to include generations of family vacationers who came north to enjoy relaxing at the lake and hiking in the woods.

(now Cabin 1).

She also recalls how turns enjoyed swimming out needed to the raft with the Mauer kids.

Growing up on the resort

Karen Mauer is the daughter of Dareld and Rosemary Mauer. She was 7 when her parents started running the resort. The family lived in Atlantic, Iowa for the rest of the year, where Dareld worked at a beef line." processing plant and Rosemary worked at a

grocery store. "Mom and Dad would go up to open the resort in April," she said. "When school was out, mom would come and bring the five of us kids up for the summer. That first summer Louise and Leo were still living in the house, so we stayed in what used to be called Cabin O, until they moved out in June." Cabin O was the biggest building and located in the center of camp, with a dining hall and kitchen where meals were prepared and served on site until the joy." early 1960s. "All of the old dishes and equipment were resort didn't venture far. still back there, including old ice boxes used to keep food cold before the resort had electricity," she said. There were five docks and each cabin came with a wooden fishing boat. Eventually, they were replaced with aluminum boats. jobs at the resort. "The a trip to Wambolts later boys would help dad this month to reminisce clean up the shoreline, get rid of any dead fish, do the lawn care and outside work," she said. had new owners, I got "We girls helped mom in contact with Anne," clean cabins. There was she said. "We rented clean cabins. There was a central shower house two cabins for our famwith bathrooms because ily to come up later this some of the cabins didn't month." have bathrooms yet."

The kids also took watching the their black Lab, Patchy, office, in case a guest something. "Back in that day, there was only one phone and it was on a party line and shared a number with Whippoorwill Resort up the road," she said. "When a phone call came in, one of us kids ran to get the person who the call was for. Mom limited phone calls to 10 minutes, so we didn't tie up the party

The Mauer siblings had fun swimming, playing and riding bikes with kids staying at the resort.

Racoons and deer were frequent visitors to the resort, along with an occasional bear.

The resort had guests from fishing opener until the middle of October.

"When school started, and Paddy (7). mom would take us back



Generations of families have enjoyed relaxing at Wambolts, the first resort on the Mantrap chain of lakes.



The Anne and James Dougherty family purchased Wambolts Resort in December 2021. Their 5 children will be helping at the resort during the summer months.

save it from commercial

development that would

line. So many people

have deep memories of

The log cabins are

Of the 15 cabins, 11 are

remodeled and will be in

use this summer. "The

remaining four that got

new foundations won't

be ready until next sea-

son," she said. "Log

100 years of use."

restoration will preserve

Sarah Doxon, has a sixmonth baby and her son, Matt Thomsen, has two children, ages 7 and 3.

"My kids spent a lot of mar the pristine shoretime at Wambolts growing up, but my grandchildren have never been this special place." there," she said. "My kids are looking forward in the process of being to showing them what rehabbed. they did, going fishing, catching crawdads in the lake."

Her brother, who lives in Minneapolis, is also hoping to drive up, and her sister is flying in from Arizona.

She also hopes to connect with friends in the area she has kept in touch with through Facebook over the years.

A new lease on life

New owners Anne and

James Dougherty have

five children: Seamus

(18), Finn (16), Mary

Jean (15), Thomas (10)

said. "This is a beauti- conditional use permit ful place. We wanted to to add six additional rental units.

More resort history

More information about the resort's history, along with old photos, are available on the Wambolts Cabins website.

Don Bilek wrote a book about fishing on the Bottle Lakes, called "Heading North," that includes several chapters about Wambolts.

Retired professor Ren Holland's website the cabins for another also features photos and information about The Doughertys the historic Wambolts recently applied for a resort.

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It was during the pan-

Louise and her husband, Leo Arnold, took over ownership of the resort when Bud died in 1942.

They operated Wambolts until 1968, when Dareld and Rosemary Mauer purchased the property. Dareld died in 2003 and Rosemary in 2006. The property was then sold to Blazing Star, which rented cabins to people who wanted to stay for the entire summer.

Generations of guests

Peg and Jim Raley of Brandon, S.D., came to Wambolts for the first time in the summer of 1965 when the Arnolds ran it.

"We thought it a perfect family vacation spot," Peg said. "Leo was quite a salesman. He never went out in a boat and didn't fish, but catered to fishermen. He would meet your car as you drove in and have the fisherman in the car so fired up about how good the fishing was that he couldn't get unpacked fast enough.

The Raleys said at that time Fuller's Tackle Shop in Park Rapids had a display case in the front window where the "best catches" were put on ice for everyone to see – and Wambolts Resort was well represented.

She remembers one summer when the Mauers were the owners and a son of one of the regular guests who had become a priest and said his first public Mass on the porch of Cabin N

to Iowa and dad would demic that Anne saw stay," she said. "Then Mom would come back to help close up. It was always dad's dream to run a resort, so Wambolts was his pride and

Mauer said, in those days, people at the They might spend a day at Itasca State Park or go to Park Rapids for a treat at the Dixie or a visit to Aqua Park or Deer Town.

If they wanted to go out at night, popu-lar spots were Chateau Paulette and Val Chatel's dinner theater.

Several Mauer family The Mauer kids had members will be making about good times and create new memories.

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Wambolts listed for sale. "The pandemic gave us time to dream and do a business plan to go along with our dream." she said. "As a family, we decided this is something we wanted to do." Anne is a high school teacher at St. Louis Park,

and James has been working remotely since the pandemic began.

Their dream was to preserve as much of the resort's history as they could and welcome families once again.

"A lot of these momand-pop resorts are being carved up," she

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GYM

From Page A1

that RDG would know that that building is there and it's not going to move out of that area and to use that in their deliberations and their discussion?"

Ron Zeman, alderman first ward, said the city has already paid RDG \$75,000 to do an assessment of the West Lake Drive area, near City Beach, beginning in August and thinks the council should wait until they learn the results of that study before authorizing the expansion plans. He added that telling the consultants to work around a new parking lot would limit the overarching vision the organization is expected to provide in coming months.

"I think we should put this on hold until we can see what the suggestions are from RDG, and see the total plans down there for the ice arena, or what ever it may be going on down there because what ever goes down there is going to take a lot of money, said Zeman.

"We've been thinking about (the West Lake Drive/Rossman Avenue redevelopment) for 40 years ... and we shouldn't do a thing, I don't think, until we get this worked out with RDG," he continued. "This isn't just for today and the next 10 years, this is going to be a 50 to 75 year project. so I'm just saying, let's hold off until RDG comes in and does their work and then we can put this together and see really what is better for this."

Zeman also suggested the Flyers facility could move to a new location with all of their fundraising efforts from this project, as an alternative option. Adding, the food and beverage tax fund that would be used to fund the proposed parking lot is currently depleted and was also supposed to be used to support trails and water quality initiatives.



Ron Zeman, alderman first ward, speaks about the proposed Minnesota Flyers expansion project and the surrounding parking lot during a regular meeting of the Detroit Lakes City Council on July 12.

that we've been waiting tial construction was ers Gymnastics and Fiton for 40 years and let's have RDG come in, let's see what they've got to put in on this, their suggestions, and then we can make a plan with what's the best thing to do down there," said Zeman.

Natalie Bly, aldermanat-large, said the final council directed Jon RDG plan for the area could take months to compile following their scheduled hearings and listening sessions, and recommended they allow the Flyers to move forward with their expansion and let RDG give recommendations for a new shared parking lot.

The Flyers need city council approval to move forward with the project, since it resides on city property, and the non-profit group wouldn't be allowed to do any major capital fundraising for the project without first obtaining plan approval.

Also during the meeting, Kelcey Klemm, city administrator for Detroit Lakes, said the original agreement between the now we need 88," said Minnesota Flyers and Leesa Lindgaard, direc-"We've got a chance the city during the ini- tor of Minnesota Fly-

that the Flyers would be responsible for their facility and any maintenance associated with the building, and the city would be responsible for the parking lot and the driveways on the property.

month, the Last Pratt, city engineer for Detroit Lakes, to look at the expansion plans and come up with some parking lot options and estimated costs. Currently, the Flyers facility has about 25 parking spots in front of their location; however, according to the city parking lot ordinance, the new expanded building would require 88 parking spaces. Pratt's designs feature between 130 to 160 parking spaces, under the assumption the parking lot would be shared between the gymnastics facility, the Kent Freeman Arena and the county fairgrounds.

"We're doubling our space, and we go from 25 parking spots, but

ness in Detroit Lakes. "You guys have drawings from ... 130 to 160, that's not for our facility, that parking, that's for everything else in the community. That's for the arena or the fair, so I think that number is a little unfair, and unjust,

for us." Pratt said a smaller, 90-space lot could cost around \$900,000.

because that's not just

Lindgaard said their expanded facility would only use about 35 to 40 parking spaces.

"Can't we do a variance on it?" said Aaron Dallmann, aldermanat-large. "I can see their point. Why should they pay for 90 spots, if they only need 50, and if they can raise their own money themselves, I'm all for this project.'

Another member of the Minnesota Flyers group also said the non-profit would be reluctant to pay money to the city for the parking lot cost, since they are already funding their own building expansion, but they agreed to contribute something if it moved

the project forward.

Members of the city council then voted 7-1, with Zeman representing the only dissenting vote, to allow the city administrator and city attorney to draft an addendum to their management agreement with the Flyers that would include the expansion and different options for contribution-splits for expected to be brought

the parking lot. "I can't imagine we're going to tell them they can't add onto the building, we're just throw-

ing money away, it'd be ridiculous" said Mayor Matt Brenk, who only votes on council issues to break any 4-4 tie that occurs. "We need to let them move forward with their fundraising to help these kids out that they are turning away, and we've got to figure out how to do it."

Michael Achterling / Detroit Lakes Tribune

The addendum is up for action at the next city council meeting on Monday, Aug. 8 at 5 p.m. Send your story tips to Michael at: machterling@dlnewspapers.com





From Page A1

The cabaret show, "A Career in Revue: Celebrating Kathy Larson's Retirement," will take place at 7 p.m. on Aug. 13; tickets are on sale at the Holmes Theatre website, dlccc.org/ holmes-theatre.html, for \$25 each.

But that's not all: To honor Larson's vocal colleagues and anyone

invited to take part in a mass choir performance

her name," Nustad said. Donate" link, "We feel it is important the prompts). that the influence Kathy has had on her 'kids,'

who has sung or worked be given annually to son's former students with Larson over her a vocal music student — are heading up the

long career are being at Detroit Lakes Public planning for the two-Schools.

Those who are unable at Holy Rosary Catholic to attend the festivities, Church on Sunday, Aug. but would still like to 14 at 3 p.m. contribute, can go to the "Admission will be a Detroit Lakes Dollars free will offering, with for Scholars website, proceeds to help set up a detroitlakes.dollarsforvocal music scholarship scholars.org, and make (through Detroit Lakes a donation in Larson's Dollars for Scholars) in name (use the "Click to Donate" link, and follow

"We are doing this on a volunteer basis," music legacy, all past and the community, will said Nustad, adding that and present students, continue." Mark Potvin and Eric The scholarship will Hoplin — two of Lar-

day event.

They are primarily promoting it through social media, she added, though they are also using the local news media — radio and newspaper — to get the word out.

Those who are on Facebook and would like to participate in the festivities can search for Kathy Larson Retirement Celebration and click to join. Those who do not use social media can contact Nustad via email at celebrationkathy@gmail.com.



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Huge crowds lined both sides of Detroit Lakes' Washington Avenue as the Parade of the Northwest got underway on Sunday, July 17. With a total of 130 units, the parade lived up to its reputation as one of the largest in Minnesota, closing out the 86th Northwest Water Carnival on a high note.

CROWDS

From Page A1

Rain almost played a part in Saturday night's country-themed Bash on the Beach concert, featuring Eddie Montgomery and Troubadour, but "as soon as it hit 3 o'clock, (the rains) went away and the weather was perfect," Lessin said.

He also noted that attendance was very good for most of the water carnival events this year — particularly Hairball's Bash on the Beach concert Friday night, which was sold out.

"We sold all of our tickets, and we were still letting people in," Fetzer said, adding that the estimated attendance was about 4,500. "We eventually had to turn some people away."

Attendance at Saturday

night's country-themed Bash on the Beach concert was not nearly as well attended, but Fetzer noted that the rains which threatened the event earlier in the afternoon undoubtedly contributed to the overall drop in attendance, estimating it at between 800-1,000.

The performance by Bald Eagle Water Ski Shows that closed out the 2022 water carnival also drew a large crowd, Fetzer added. The show, which is based in Centerville, Minn., has been in operation since 1950, and their skiers have been coming to the Northwest Carnival for more than 30 years

show's emcee. The show, which lasted about an hour and a half, included lots of barefoot skiers, ramp jumps, water ski ballet, and other entertaining stunts and tricks.

now, according to the

ROCKIN

From Page A1

"Lucky for me, a lot of other people like the same stuff," he said.

The lead guitar player is also currently battling cancer, he said, which has given him a new appreciation for life and his music. "Every day that I

"Every day that I wake up and everything works, I value it all," said Happy.

Hairball's opening act, The Fabulous Armadillos, also delivered hits from the 1960s and 1970s, which, when combined with Hairball's catalog, covered music from more than four decades.

Fabulous Armadillos saxophone player, Mike Kreitzer, and his band mate, Pat Thorn, are also professional musicians who gig with their own group: The Affordable Horns, of St. Cloud.

Kreitzer said, through playing with The Fabulous Armadillos, this wasn't his first beach-side concert.

"We took a couple trips to Mexico and took a bunch of fans, a couple hundred fans, and we played on a couple beaches admitted, with a chuckle, that while playing the Detroit Lakes beach was alright, "it's not like being in Mexico."

As far as his band mates, Kreitzer said, "We're always amazed, as horn players, we never get tired of hearing these guys play, especially the guitar player. He has this thing for not only getting the right notes off the record, but the tone, and a lot of guitar players don't do that, but he's just excellent."

Kreitzer also said he and his wife will always have very fond and special memories of Detroit Lakes because they were married in the city on July 5, 1980 and are currently celebrating 42 years together.

He added that Friday night's concert was literally the hottest gig they have played all summer and was grateful the group didn't have a need for horns on every song, so he could get into the shade.

"The other guys up there are dying," Kreitzer said, figuratively speaking. "But it's still really fun to do the outdoor (concerts), especially after COVID." Bash on the Beach at DL-Online.

Saturday was down-home country

Rain almost played a role in Saturday night's country-themed Bash on the Beach concert, featuring Eddie Montgomery and Troubadour, but "as soon as it hit 3 o'clock, (the rains) went away and the weather was perfect," said Water Saturday night's country-themed Bash on the Beach concert was not nearly as well attended, but Co-Admiral Kasey Fetzer noted that the rains which threatened the event earlier in the afternoon undoubtedly contributed to the overall drop in attendance, estimating it at between 800-1,000. Openers Troubadour

put on an entertaining set, as their lead singer, Rick Schroeder, proudly proclaimed "We love

PETS

From Page A1

She added the reason she likes dogs so much is because they are "fluffy"

Brink Baker, 5, the junior Northwest Water Carnival prince for 2022, said he liked watching all

the puppies play. He also

said his favorite dog was

Milo, but he might have a biased opinion because Milo is his family's dog. When asked what he

likes about dogs, Baker said, "They cuddle."

He added that when he

gets older he wants to

have two puppies to play

with.

and "furry."

90's country!" and the band proceeded to roll out some hits from that era including David Lee Murphy's "Dust on the Bottle," Keith Urban's "Somebody Like You," Georgia Satellites' "Keep Your Hands to Yourself" and Sawyer Brown's "Some Girls Do."

An event attendee, dressed as Slash, lead guitarist for Guns N' Roses, laughs among the crowd during Bash

on the Beach in Detroit Lakes, part of the 10-day, 86th Northwest Water Carnival on July 15.

The band also played George Strait's "Troubadour," though Schroeder noted that they'd resisted doing so for a long time, for obvious reasons. Eddie Montgomery took the stage right around 9:30, starting out strong with some of Montgomery Gentry's biggest hits, "Where I Come From," "Lonely and Gone," and "Lucky Man."

Michael Achterling / Detroit Lakes Tribune

He also made reference to the loss of his former Montgomery Gentry bandmate, Troy Gentry, stating, "There's not a day goes by that I don't miss T-Roy."

As he started another big hit, "Something to be Proud Of," he shouted, "We the people don't give it up for our great American heroes enough!" drawing a huge ovation from the crowd.

DL-ONLINE.COM

was pretty cool," said Krietzer.

He also begrudgingly

Check out all of the video and photos from the first night of Carnival Co-Admiral Andrew Lessin. Attendance at

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Michael Achterling / Detroit Lakes Tribune

A costumed dog and its owner marches down the street with candy during the Pet and Doll Parade on Washington Avenue in Detroit Lakes, as part of the 86th Northwest Water Carnival on July 16, 2022.







Vicki Gerdes / Detroit Lakes Tribune

The Stars and Strips were waving in the breeze as the Lake Region Veterans Color Guard marched at the front of the Parade of the Northwest in Detroit Lakes on Sunday. A total of 130 units were included in this year's parade, which lasted a little over two hours.



Vicki Gerdes / Detroit Lakes Tribune

The three-tiered pyramid formed by members of Bald Eagle Water Ski Shows at the close of their Sunday afternoon show on Little Detroit Lake drew gasps from the crowd on shore. The water ski show was the final event of the 2022 Northwest Water Carnival, which wrapped up its 86th annual run on Sunday.



Michael Achterling / Detroit Lakes Tribune A dog rolls over during the Pet Show in City Park in Detroit Lakes, part of the 86th Northwest Water Carnival on Saturday.



Michael Achterling / Detroit Lakes Tribune

Hairball performs at Bash on the Beach in Detroit Lakes, as part of the 86th Northwest Water Carnival on Friday.





Michael Achterling / Detroit Lakes Tribune

An event attendee, dressed as Slash, lead guitarist for Guns N' Roses, laughs among the crowd during Bash on the Beach in Detroit Lakes, part of the 10-day 86th Northwest Water Carnival, on Friday.

Michael Achterling / Detroit Lakes Tribune

A dog receives positive scratches from its owner after receiving an award during the Pet Show in City Park in Detroit Lakes, part of the 86th Northwest Water Carnival, on Saturday.



Contributed / Heidi Ratajesak Hairball performs as KISS — complete with pyrotechnics — at Bash on the Beach in Detroit Lakes, as part of the 86th Northwest Water Carnival on Friday.



Michael Achterling / Detroit Lakes Tribune A girl waves to the crowd during the Pet and Doll Parade on Washington Avenue in Detroit Lakes, as part of the 86th Northwest Water Carnival on Saturday.



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LEGION BASEBALL

Streaking into the playoffs Post 15 wins fourth straight heading into Sub-State 14 postseason

By Jared Rubado Detroit Lakes Tribune

Detroit Lakes

he Detroit Lakes Legion baseball team is taking the momentum of a fourgame win streak into the playoffs after sweeping its Water Carnival slate.

Post 15 knocked off Eastview 6-2 behind a solid pitching performance from Cade Jackson. He earned the win by allowing just one earned run on eight hits with three strikeouts over six innings.

Jackson's start allowed Detroit Lakes' early offensive push to carry the load. After Eastview picked up a run in the top of the first, Jeffrey Moen gave Post 15 its first lead of the game with a two-RBI single with two outs in the bottom of the second.

Jacob Thomas made it 3-1 when he scorched an RBI double, bringing home Bradly Swiers in the bottom of the third. Hunter Korth added another run in the next at-bat with a fielder's choice.

Weirs tacked on an insurance run in the bottom of the fifth inning with an RBI single. It was more than enough cushion for Jordan Tucker to close the door in the seventh inning.

Post 15 went 3-0 on the weekend with wins over Hermantown, West St. Paul and Eastview. Thursday night's game against Mayport, ND, was rained out.

Detroit Lakes will head to Moorhead on Wednesday for the first round of the Sub-State 14 Legion playoff tournament. Waiting is



the (high school) playoffs," Grady Kirchner said of Alexandria. "We wanted redemption ever since. Their ace got to us in the first game, but we dialed it in for the second game. We just told ourselves the games before it didn't matter.'

Moorhead earned the top seed in the field and will take on eighth-seeded Brainerd in the first round. Third-seeded Bemidji goes head-to-head with sixth-seeded East Grand Forks, While Alexandria takes on seventh-seeded Fergus Falls.

All first-round games will be played on Wednesday, followed by secondround games on Thursday. Moorhead will host all five days of the tournament from July 20–24 at Matson Field.

Detroit Lakes knocked off Perham in a July 6 game by a score of 7-3. The two teams did not play against each other during the high school season. They will play at 4 p.m. on Wednesday.

"We got third last year," Thomas said. "We know what to expect with the Perhams and the Bemidjis. We put up a good fight, and we're pretty much bringing the same crew back there. We're looking forward to it. All of the teams are so good, and there are some exciting rivalries." EASTVIEW 100 001 0 - 2 - 9 - 0 DETROIT LAKES 022 011 X - 6 - 9 - 2 POST 15 PITCHING- Cade Jackson (WP) 6/P, 8/H,

2R, 1ER, 3K, 1BB; Jacob Thomas 1IP, 0R, 0ER, 1K,

1BB POST 15 HITTING- Grady Kirchner 1-3, K; Bradly Swiers 2-3, R, RBI; Jordan Tucker 1-3, R; Jacob Thomas 1-3, RBI, 2B; Hunter Korth 1-3, R; Mason Omberg 1-3, R, 2B: Joshua Goodspeed, 0-1, BB, K; Chaz Eckhoff 0-1, RBI; Jeffrey Moen 1-3, 2RBI; Brack Guider P. Brock Swiers R

Contact Jared Rubado: jrubado@ dlnewspapers.com; Twitter: @DLtribSports

Jared Rubado / Detroit Lakes Tribune Detroit Lakes' Jordan Tucker throws the ball home in Post 15's 8-1 win over Hermantown in the wood bat Water Carnival tournament on July 15 at Washington Park.

Highway 10 rival Perham.

Post 15 earned the No. 4 seed in a loaded eightteam, double-elimination tournament. Detroit Lakes is 16-11 on the summer, including 6-6 in Sub-Stat 14 play.

"We had that stretch against Moorhead and Bemidji a while ago. We were just dead," Thomas said after Friday's win over West St. Paul. "There was no jump. After the first inning, we packed it up and went away in those games. We just wanted to get away from that. I think you look at a team like West St. Paul, a good team, and it's important to stay positive and confident the

whole way."

Post 15 found a new focus after its doubleheader against Alexandria on July 12. Following a 13-0 game-one loss, Detroit Lakes walked off second-seeded Alexandria to start its four-game win streak.

"We lost that heartbreaker to them in the first round of

LEGION BASEBALL

Post 15 kicks off home tournament with convincing wins

By Jared Rubado Lakes

DETROIT LAKES When opposing teams start jawing, Post 15 prefers its bats do the talking.

In Friday's final wood bat Water Carnival game, West St. Paul (WSP) was quick to boast about its one-run lead in the top of the first inning. Detroit Lakes responded with a four-run frame on its way to a 13-3 mercy-rule win in six innings.

Post 15 scored 21 runs in 12 innings in two Friday games. Before cruising past WSP, Detroit Lakes knocked off Hermantown 8-1.

"We were slow a couple of weeks ago after our Omaha tournament," Detroit Lakes' Grady Kirchner said. "We picked up a big win against Alexandria. That's a team that took third at state. Tonight, we were just on. We started slow, but we let our bats do the talking. (West St. Paul) was chirping at us from the start, but we let our offense talk for us."

After WSP scored on a sacrifice fly in the top of the first, Jacob Thomas tied the game on a bases-loaded fielder's choice. Jordan Tucker beat out a throw to second base while Brock Swiers, Kirchner's courtesy runner, scored from third.

Noah Reiber brought home two more runs with a bunt single. Noah Besser scored from third, while Tucker came in from second. Thomas crossed home on a twoout passed ball before the inning ended.

WSP got two runs back in the top of the fourth



Photos by Jared Rubado / Detroit Lakes Tribune

Detroit Lakes' Mason Omberg makes a jumping throw to first base in Post 15's 8-1 win over Hermantown in the wood bat Water Carnival tournament on July 15 at Washington Park.

on a passed ball and helps to be quick." infield single. In the bottom of the fourth, Mason Omberg stole second and third before scoring on a wild pitch. Detroit Lakes created scoring opportunities in both games with their aggressiveness on the base paths.

"If we can take anoth-er bag, we will," Kirch-ner said. "You look at a kid like Hunter (Korth), who's a big kid and not very fast, but he's smart. Smarts are better than sent the fans home happy talent sometimes. You with a walk-off, twohave to be smart, and it run single. Detroit Lakes

Korth would regain the

three-run lead in the bottom of the fifth inning on a passed ball. He broke for the plate in an attempted squeeze-bunt play before seeing the ball sail past the WSP catcher.

Detroit Lakes got to opposing pitchers for big innings late in both games. Post 15 stepped up to the plate 11 times in the bottom of the sixth inning before Kirchner

reached safely in its first seven plate appearances in the inning.

"We expected to see lots of good pitching this weekend, and we did," Thomas said. "The wood bats came alive. We hit balls hard. There wasn't much difference in the offense tonight compared to when we used aluminum bats."

Kirchner was 4-for-5 with a double, while Korth went 3-for-4 with two runs scored and an RBI. Thomas and Rieber also had multi-hit games.



Detroit Lakes' Jeffrey Moen hits in Post 15's 8-1 win over Hermantown in the wood bat Water Carnival tournament on July 15 at Washington Park.



Detroit Lakes' Noah Rieber looks a runner back to first base in Post 15's 8-1 win over Hermantown in the wood bat Water Carnival tournament on July 15 at Washington Park.

one extra-base hit in its Jordan Tucker who hits 10-run win over WSP. Its ability to manufacture runs out of seemingly nowhere led two a pair of convincing wins.

"Our attitude is always positive, and we find ways to win," Thomas

Post 15 recorded only said. "We have a guy like the ball over the fence once every 20 at-bats. We also have a bunch of guys with speed that lay down bunts. We just find ways to put up runs."

BASEBALL: Page B2

AMATEUR BASEBALL

DL Baseball Club wins 11-inning thriller

By Michael Achterling Detroit Lakes Tribune

DETROIT LAKES -In a back-and-forth extra-innings contest that included five lead changes, the Detroit Lakes Baseball Club plated nine runs in the top of the 11th inning to defeat the Erskine Comets 17-9 on Sunday.

Player-coach Brandon Johnson threw 197 pitches, 141 for strikes, in the complete-game win. He Gave up four earned runs on 16 hits with 13 strikeouts.

Johnson said he was just trying to be effective. The reason he stayed out there so long was because he wasn't giving up solid contact to the Erskine hitters and he wasn't walking batters. Johnson gave up two walks and hit two batters over his 11-innings.

"I feel fine," he said. "Pitching is a repeatable motion and, when you do it regularly, it's not something that necessarily has to be labor-indusive. I'm not out here trying to throw 90 milesper-hour anymore. I'm just being comfortable, so it's not an extra strain on my arm and as far as the numbers goes. It's a number. My arm will be fine tomorrow."

Johnson also said, after playing nine innings, players are tired and can

get complacent in the extra frames.

"A lot of times in baseball, when you play a team like Erskine that battles back like they did (Saturday) when they beat Hawley with a walk-off, or when they battle back like they did against us today, you see teams get defeated and deflated and give up wins, and we just didn't do that. That was one of my biggest takeaways," said Johnson.

Major League Baseball didn't start keeping official game pitch count statistics until 1988, according to MLB. com. The current record holder for pitches in a game belongs to former-knuckleball hurler, Tim Wakefield, who threw 172 pitches for the Pittsburgh Pirates in a 10-inning game against the Atlanta Braves on April 27, 1993. In second place, former-Dipitcher amondbacks Edwin Jackson threw a 149-pitch no-hitter on June 25, 2010. In one of the larger, unofficial totals, Nolan Ryan, while pitching for the California Angels on June 14, 1974, reportedly tossed 253 pitches while striking out 19 members of the Boston Red Sox over 13-innings in an Angel's 4-3, 15-inning victory.



Michael Achterling / Detroit Lakes Tribune

Detroit Lakes Baseball Club members fist bump teammate Tristen Wimmer as he crosses home plate following his three-run home run in the 11th inning during The Club's 17-9 win over the Erskine Comets on July 17

to an early two-run first off the eighth inning. He inning lead on a linedrive RBI single to right field from Blaine Henderson, who finished the game 4-for-4 with four runs scored, one RBI and three walks. The Comets came back, scoring in four of the game's first five innings to take a 6-4 lead going into the seventh inning.

An RBI-double from Detroit Lakes' Justin Hoskins drove in Tristen Wimmer before an RBI-single by Zack Oistad, tied the game at 6-6. The Club's Tom Trued-

The Club jumped out son pinch-hit to lead- then I was just looking gle run in the bottom of

launched a towering solo home run to left-centerfield on an 0-2 count to give the club a oneanother run in the ninth after Henderson bunted for a hit, stole second base, advanced to third Truedson RBI-single.

run, he was just looking to make solid contact.

"I was way out in front, I had a check swing, and Comets managed a sin-

to put something hard in play," he said. "And it obviously helps that the wind is blowing out."

The Club led 8–6 going run lead. The Club added into the bottom of the ninth. But, the Comets fought back again.

Erskine tied the game with a bases-loaded base on a passed ball and error and hit-batter in eventually scored on a the bottom of the ninth

Following a scoreless Truedson said, after tenth inning, Detroit going down 0-2 in the Lakes erupted for nine count before his home runs in the top of the 11th. Wimmer highlighted the big inning with a three-run blast. The

the eleventh, leading to The Club's third win of the summer.

Following the game, Truedson, who finished the game 3-for-3 with two runs-scored and three RBIs, said coming into a game off the bench can be difficult, but those players are expected to produce just like anyone else.

"Everybody's got to be ready," said Truedson. "If we make some changes, then we expect you to come in off the bench and make plays."

Johnson said Truedson, as assistant manager, keeps things organized on the bench and is a huge help with managerial duties while he's pitching. "But his bat, as a

player, has been huge," Johnson said. "And for a guy who wasn't really looking to play a lot of innings this year, he's hitting very well ... and he has, like many guys, earned his way to needing to hit. Now, where do we put him, we'll figure that out."

The Detroit Lakes Baseball Club's next game will be on July 22 at Washington Ballpark in Detroit Lakes against the Midway Snurdbirds. First pitch is scheduled for 7:30 p.m.

Send your story tips to Michael at: machterling@dlnewspapers.com

Hundreds watch KFAN Radio Morning Show at Pavilion

KEGS AND EGGS

Bv Michael Achterling Detroit Lakes Tribune

The initials were B.P., and the first clue suggested the item was normally associated with one gender.

"Big poop!" exclaimed Marney Gellner, screaming her answer into the microphone and cutting right through the hundreds of silent event attendees watching at The Pavilion in Detroit Lakes. The room erupted into laughter and smiles. though her Even the actual answer (bachelorette party) didn't Carnival, on July 15. matter to the live listeners who showed up to ings, how many people watch the KFAN Power Trip morning radio show broadcast live as part of the Kegs and Eggs event come to Detroit Lakes, during the 86th Northwest Water Carnival on of people and it really Friday, July 15. "(On-site broadcasts) are different, but it's a lot of fun and I think staple of the group's (the crowd) also helps because we sit in the studio, we talk to each other, we make each other laugh, and you kind of aren't ever sure, even if you see the rat-



Photos by Michael Achterling / Detroit Lakes Tribune Chris Hawkey, a KFAN Power Trip morning show host,



Members of the KFAN Power Trip morning show speaks live on-air while walking around The Pavilion smile for a group photograph following their live during the Northwest Water Carnival's Kegs and Eggs

"I love getting paid to, basically, come to work, rip my friends and then go home," said Cove. "Ultimately, that's what it is, right? We all just get to make fun of each other, and have fun and go home. So, it's just a super fun gig."

The event was hosted, like all other water carnival events, by the Detroit Lakes Jaycees. Andrew Lessin, co-admiral for the 10-day event, said the turnout wa s more than they could've hoped for and it was great to see everyone come together for beer and food in the early-morning hours. He also praised all the volunteers who have helped out over the last week.

are listening," said Chris Initials major in Detroit Hawkey, a KFAN Power Trip host. "Then you and it's a giant group

makes you feel. The famed Initials Game has become a radio broadcast, which also includes up to four "majors" every year for a chance to win a championship belt and jacket for the on-air personalities.

answer wasn't correct, radio broadcast from Detroit Lakes during the Kegs event in Detroit Lakes on July 15. and Eggs event, part of the 86th Northwest Water

> Hawkey won his first Lakes during this year's competition, on-air which, he said, makes this entire weekend all the more special.

"It also means you can make fun of evervbody else, which is the main part," said Hawkev. Winning it is a big deal. The belt, the jacket, and beating AJ when he comes back is a big deal, so it's unbelievable ... and seriously, in front of

a great crowd like that. I feed off of people like that and it's great, it's a fun day."

Hawkey is also a member of The Fabulous Armadillos, the opening band for Friday night's Bash on the Beach headliner: Hairball. Hawkey said he would've come up to Detroit Lakes to see Hairball even if he wasn't playing because they are so entertaining and talented.

KFAN Power Trip host, said he thinks their event in Detroit Lakes keeps

getting bigger every year, and was also grateful for their behind-the-scenes staff because it takes a lot of work to take their broadcast on the road.

"As you can see, it's a pain in the ass to put it together and tear it apart, but it's always been super easy, because we have firstrate behind-the-scenes staff," said Cove.

He also said hosting a morning radio show Cory Cove, another is a one-of-a-kind job because you get paid to have fun with your friends.

"It's an absolute group of all-stars," said Lessin. "Everybody has jobs during the day and then they come out and help out at night, we do show up and we put on all of our events without a hiccup, usually, and everything goes pretty smoothly. It's a good group."

Send your story tips to Michael at: machterling@dlnewspapers.com

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DETROIT LAKES 400 117 X - 13 - 15 - 1

Brock Swiers R

BASEBALL

From Page B1

Detroit Lakes led in all seven innings in its first game of the afternoon against Hermantown. Tucker reached second on a two-out double in the bottom of the first inning before Thomas matched with a run-scoring two-bagger. Omberg gave Post 15 a 2-0 lead with aggressive running again, scoring on an overthrow after stealing third base.

Hunter Korth made it 3-0 in the fourth with a sacrifice fly before Hermantown got a run back. In the fifth. Detroit Lakes exploded for five runs in the bottom of the sixth behind a bases-clearing triple from Tucker.

Tucker's bat was hot al." in both games. Before runs scored, an RBI and a

against Hermantown.

Tucker is hitting .494 1.552 OPS. He has 27 seven of them being triples and five of them home runs.

up staggering offen-sive numbers, Tucker's teammates rave about how Detroit Lakes plays his defense in center defensively. field

goes up anywhere near ball to come at you 90 centerfield, he's going to miles per hour off the catch it," Thomas. "You bat," Thomas said. "In can put one at the 338 these wood bat tournasign out there and start ments, you have to play walking into the dugout. You don't have to watch him because you know he will make that play nearly as much in the for you. The confidence outfield either." we have in him is unre-

going 1-for-3 with two brag, but I think we have Prospects List. They will

walk against WSP, Tuck- in our area," Kirchner er went 3-for-4 with a said. "We have a lot of double and two triples guys who are multi-tool players out there. But Jordan is just different. in the summer with a He gets to everything. I wouldn't take another extra-base hits, with defense other than ours any day.'

wood bats better than Even though he puts its opponents. Because the ball comes off the bat slower, it changes

"When we're in the "If there's a ball that infield, you expect the further up. We had a lot of infield singles today. The ball doesn't carry

Thomas and Kirchner were selected to the "I'm not trying to 2022 Minnesota Legion the best center fielder travel to Bloomington

for the Prospect Series Tournament on Aug. 6. Coaches from around the state nominated 2023-24 graduates to be one of the 60 players chosen from around the state.

honor," an "It's Thomas said. "I haven't Post 15 adjusted to the really been on any other team than a Laker baseball team. It'll be really interesting to go down there and meet some new guys. Going with another DL guy makes it fun too."

Kirchner is eyeing a baseball career after high school. He sees this showcase as a chance to end up on somebody's radar as a unique catcher who hits leadoff with a ton of speed.

"I want to play baseball after high school, so I'm looking for any offers," Kirchner said. "I'm going down there to play my best and show people what I can do. It's a chance to get my

name out there... Being speedy helps for stuff like defense and backing up throws. You have to do whatever you can do to help your team win, and that means using

the tools you have." HERMANTOWN 000 010 0 – 1 - 4 - 5 DETROIT LAKES 110 105 X – 8 - 6 - 2 POST 15 PITCHING- Noah Rieber (WP) 7IP, 4H, 1R, 1ER, 4K, 4BB POST 15 HITTING- Grady Kirchner 1-2, RBI, 2BB, K; Bradly Swiers 0-3, RBI; Jordan Tucker 3-4, R, 2RBI, 2 B; Hunter Korth 1-2 2R BB 2B: Noah Rieber 0-3 K: Ma-

1-2, 2R, BB, 2B: Noah Rieber 0-3, K; Mason Omberg 0-1, 2R, BB, Joshua Good-speed 0-3, R, K; Jeffrey Moen 0-2, R, K;

POST 15 PITCHING- Bradly Swiers (WP) 3IP, 1H, 1R, 0ER, 2K, 5BB; Jordan Tucke 3IP, 2H, 2R, 0ER, 4K, 2BB POST 15 HITTING- Grady Kirchner 4-5 RBI, 2B; Bradly Swiers 0-2, R, 2BB; Jordan Tucker 1-3, 2R, 2RBI, BB; Jordan Tucker 1-3, 2R, 2RBI, BB; Jacob Thomas 2-4, 2R,

2RBI; Hunter Korth 3-4, 2R, RBI, K; Noah Rieber 2-4, R. 3RBI: Mason Omberg 1-3. R. BB: Joshua Goodspeed 0-2, 2K: Brock Swiers 0-1, 2R, K; Chaz Eckhoff 1-4

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 8:00AM and close Tuesday August 16, 2022 at 4:30 PM

 Officers to be Elected are as follows, Two (2) Four Year Term, City Council

Two (2) Four-Year Term, City Council member's; One (1) Four Year Term, Secretary Treasurer. City Election will be will be held Tuesday, November 8, 2022 Terms of elected officials begin first Tuesday in January, 2023. July 14th, 2022 Lea Haverkamp, City Clerk

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NAIIUN PLUS

Bonus news from around the world, exclusively for e-paper readers.

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WEDNESDAY, JULY 20, 2022 NATION PLUS - A FORUM COMMUNICATIONS EXTRA



Gleb Garanich / Reuters A police officer helps an elderly woman leave her flat in a residential building damaged by a Russian military strike Tuesday amid Russia's invasion on Ukraine, in Kramatorsk, in Donetsk region, Ukraine.

RUSSIA LAYING GROUNDWORK FOR ANNEXING UKRAINE TERRITORY

By Nandita Bose and Steve Holland Reuters

Washington ussia is laying the groundwork for the annexation of Ukrainian territory and is installing illegitimate proxy officials in areas there under its control as it seeks to exert total control over its gains in the east, the White House said on Tuesday.

Unveiling what he said was U.S. intelligence, John Kirby, the chief National

Security Council spokesman, told a White House news briefing that the Russians are preparing to install proxy officials, establish the ruble as the default currency and force residents to apply for citizenship.

"We have information today, including from downgraded intelligence that we're able to share with you, about how Russia is laying the groundwork to annex Ukrainian territory that it controls in direct violation of Ukraine's sovereignty," Kirby said.

It is the same tactic used in 2014 when Russia announced its annexation of Crimea after taking control of it from Ukraine, Kirby said. The international community considers Crimea's annexation illegitimate.

"We want to make it plain to the American people," Kirby said. "Nobody is fooled by it. (Russian President Vladimir Putin) is dusting off the playbook from 2014.

Russia sent tens of thousands of troops into Ukraine on Feb. 24 in what it calls a "special military

operation" to ensure its own security.

Russia is now also attempting to take control of broadcasting towers, he said.

At the same time, Kirby said the United States in the next few days will announce a new weapons package for Ukraine as it engages Russia in fierce battles in eastern Ukraine.

It will be the 16th such drawdown of money approved by Congress and allocated under presidential authority, he said.

The package is expected

to include U.S. mobile rocket launchers, known as HIMARS, and rounds for Multiple Launch Rocket Systems as well as artillery munitions.

The United States has provided \$8 billion in security assistance since the war began, including \$2.2 billion in the last month.

Washington will impose sanctions on officials involved in representing themselves as proxy officials, Kirby said. He predicted these proxies to try to hold "sham referenda" seeking to legitimatize Russian control.

Jan. 6 committee chair has COVID

Thursday hearing will proceed

Reuters

Bennie Thompson, chairman of the congressional committee investigating the Jan. 6, 2021, attack on the U.S. Capitol, said on Tuesday he has contracted COVID-19 but that the panel's hearing scheduled for Thursday evening will proceed.

Thompson said on Twitter that he tested positive on Monday and was experiencing mild symptoms. He said he was fully vaccinated and boosted.

The House of Representatives select committee has held seven hearings in the past six weeks looking at the attack by supporters of Republican then-President Donald Trump in a failed effort to prevent Congress from certifying his 2020 election loss to Democrat Joe Biden.

"While Chairman Thompson is disappointed with his COVID

diagnosis, he has instructed WASHINGTON - Democrat the select committee to proceed with Thursday evening's hearing," the committee said in a statement.

The hearing, which is aimed at reaching a broad U.S. television audience during prime viewing hours, will be the panel's eighth public session in the past six weeks.

Two White House officials in former National Security Council official Matthew Pottinger and former Deputy Press Secretary Sarah Matthews — are expected to testify on Thursday, according to U.S. media. The committee has not confirmed that they will testify

Archives sent a letter to the U.S. Secret Service asking for information about text messages deleted on Jan. 5 and 6, 2021.

Trump's administration or released a witness list.

Separately, the National The Department of Homeland



Elizabeth Frantz / Reuters

Committee Chairperson Rep. Bennie Thompson (D-MS) listens during a public hearing of the U.S. House Select Committee to investigate the January 6 Attack on the U.S. Capitol, on July 12 on Capitol Hill in Washington.

Security's inspector general cial briefed on the matter, the around the time of the attack last week sent a letter to congressional committees saying the texts might be missing and the Jan. 6 committee issued a subpoena asking for them.

Citing an unnamed offi-

Washington Post reported that the Secret Service determined that it has no new texts to provide Congress relevant to the Jan. 6 investigation and other texts its agents exchanged

have been purged.

Asked for comment, the Secret Service said it respects the National Archives and that the agency would have its full cooperation in its review.

WEDNESDAY, JULY 20, 2022 | A FORUM COMMUNICATIONS EXTRA

House votes to protect marriage equality

By Michael Macagnone CQ-Roll Call

passed a bill Tuesday to repeal recognizing same-sex marthe Defense of Marriage Act riages, as well as mandate that and codify legal recognition for interracial and same-sex marriages nationwide, part of the legislative response from Democrats to recent Supreme Court decisions.

The House voted 267-157, mostly along party lines, with support from Democrats and 47 Republicans, to send the bill to the Senate.

The measure would repeal the 1996 law that prevented WASHINGTON — The House the federal government from race, gender or sexual orientation of the couple.

Democrats argued the measure was needed following last month's Supreme Court ruling that reversed Roe v. Wade, the established a constitutional right to an abortion.

Speaker Nancy Pelosi and other backers argued that the right-wing politicians continlanguage of the abortion ruling also endangers a Supreme Court decision in 2015 that all states honor out-of-state legalized same-sex marriage between you and the person marriages regardless of the nationwide. The Supreme you love," Pelosi said on the Court struck down DOMA as House floor. unconstitutional in 2012.

sought to tie the bill, and in a statement Tuesday. "No any Republicans who voted against it, to an empowered landmark 1973 decision that bloc of conservative justices or whom they love, and every who shifted the court to the married couple in the United right this term.

ue their assault on our basic rights, Democrats believe that the government has no place

The Biden administration Pelosi and other proponents came out in favor of the bill person should face discrimination because of who they are States deserves the security of

"As radical justices and knowing that their marriage will be defended and respected," the administration said.

> Democrats and legal experts have said the majority opinion in the abortion case — in which Justice Samuel A. Alito Jr. wrote that the Constitution protects only rights "deeply rooted in our history and traditions" — puts the Supreme Court decisions on same-sex marriage on the chopping block as well.

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Feds: Bannon feels 'above the law' Prosecution tells jury Trump's former adviser ignored subpoena

By Sarah N. Lynch Reuters

WASHINGTON — A federal prosecutor told jurors on Tuesday at Steve Bannon's criminal trial that the prominent former presidential adviser to Donald Trump failed effort to block formal decided he was "above the law" in defying a subpoe- of his 2020 election na from the congressional Democrat Joe Biden. committee investigating last year's attack on the U.S. Capitol.

and The prosecution defense delivered opening statements after jurors were selected in the trial, with the government's first witness then testifying. Evan Corcoran, a lawyer for Bannon, said in his opening statement that Bannon did not ignore the subpoena and in fact engaged with the committee in the belief that it would negotiate with his attorney and that its deadlines "were not fixed -they were flexible."

Bannon, 68, has pleaded not guilty to two misdemeanor counts of contempt of Congress brought after he Nichols previously ruled that declined last year to provide Bannon could not claim he testimony or documents to the Democratic-led House of Representatives select committee.

September, prosecutor Amanda Vaughn told jurors, "wasn't optional. It wasn't confidential. a request. And it wasn't an invitation. It was mandatory."

"The defendant decided he from his lawyer, who told him that Bannon's lawyer direct- matters. Trump told Bannon Ica First" right-wing popadded. "That's why we're he could fail to respond to the showed that the defendant privilege claim. here today."

Vaughn said the committee had reason to believe Bannon might have information about the events leading up to the Jan. 6, 2021, riot. Trump's supporters stormed the Capitol and attacked police in a congressional certification of his 2020 election loss to

Bannon "didn't get stuck on a broken down Metro car," Vaughn said of the defendant's refusal to comply with the subpoena, referring to the Washington area's subway system. Instead, the case is about "the defendant thumbing his nose" at the normal process of government, Vaughn added.

Corcoran said that committee staff and lawyers for proposed witnesses almost always negotiate - and wit-nesses often appear at a date later than the one specified in a subpoena.

"That's the process," Corcoran said.

U.S. District Judge Carl failed to comply with the subpoena because he believed his documents and testimony were protected by a legal doc-The subpoena issued last trine called executive privilege that can keep certain presidential communications

Bannon from telling jurors are "not an excuse" for fail- testify in closed sessions in that he relied upon advice ing to comply, but the fact order to cover a wide range of



Sarah Silbiger / Reuters

Former Trump White House chief strategist Steve Bannon speaks to members of the press Tuesday as he departs from the second day of his trial on contempt of Congress charges stemming from his refusal to cooperate with the U.S. House Select Committee investigating the Jan. 6 attack on the Capitol in Washington.

Corcoran told jurors that subpoena. Bannon after being subpoenaed sought advice from an this month and said he wantattorney, Robert Costello, ed to testify before a public who then raised objections committee hearing, nearly with the committee includ- 10 months after defying the ing whether the requested subpoena. There has been no information was protected by indication of any plan to have executive privilege. Corcor- him do so, as the committee The judge also has barred an said that these objections likely would want him to first

Bannon reversed course

excuse the defendant gave for not complying. You will see he claimed something called a privilege," Vaughn told the jury.

As a top adviser to the Republican Trump's 2016 presidential campaign who later served as White House chief strategist, Bannon helped articulate the "Amer-

subpoena.

did not willfully ignore the

was above the law," Vaughn there were valid legal reasons ly engaged the committee he was waiving any executive ulism and fierce opposition

to immigration that helped "You will also see the define Trump's presidency.

hina warns of 'forceful measures' if Pelosi visits Taiwan

Reuters

ment on Tuesday warned that it would take "forceful measures" if U.S. House of Representatives Speaker Nancy Pelosi visited Taiwan, after the Financial Times said she would go to the Chinese-claimed visit to Taiwan had been postisland next month.

Pelosi and her delegation will also visit Indonesia, Japan, Malaysia and Singapore, and spend time in Hawaii at the headquarters of U.S. Indo-Pacific command, the London paper added, citing people familiar with the matter.

The U.S. State Department did not immediately respond to a Reuters request for comment. Taiwan's Foreign Ministry said it has "not received definitely take resolute and any visit.

Asked about the report, BEIJING - China's govern- Drew Hammill, Pelosi's deputy chief of staff, said, "We do not confirm or deny international travel in advance due to longstanding security protocols.

The Democratic leader's poned from April, after she tested positive for COVID-19. At the time, China said such a visit would severely affect Chinese–U.S. relations.

Speaking in Beijing, Chinese Foreign Ministry spokesman Zhao Lijian said any visit by Pelosi would "seriously undermine China's sovereignty and territorial integrity."

"If the U.S. side obstinately clings to this course, China will relevant information" about forceful measures to firmly defend its national sovereign-



Elizabeth Frantz / Reuters file photo U.S. House Speaker Nancy Pelosi (D-Calif.) holds her weekly news conference with reporters on July 14 on Capitol Hill in

ty and territorial integrity," he be fully responsible for all the said. "The United States must consequences caused by this."

Taiwan faces mounting pressure from China, which considers the democratically governed island its own territory. The issue is a constant irritant in ties between Beijing and Washington.

Taiwan, however, has been heartened by continued support offered by U.S. President Joe Biden's administration, which has repeatedly spoken of its "rock-solid" commitment to the island.

Pelosi, a long-time critic of China, held an online meeting with Taiwanese Vice President William Lai in January as he wrapped up a visit to the United States and Honduras.

The White House had expressed concern about the Pelosi trip, the Financial Times said, citing three people familiar with the situation.

Bill de Blasio ends campaign for Congress

Former New York City Mayor Bill de Blasio ended his campaign for Congress on Tuesday, saying he was bowing out of politics after it became clear to him that voters in his district were looking for another option.

De Blasio launched his campaign in May to represent the newly drawn 10th Congressional District of New York, made up of parts of Manhattan and his home base of Brooklyn.

But since entering the race, de Blasio, 61, has lagged in the polls. A recent poll by Data sion of the 30-member alli-

Former New York Mayor for Progress, a progressive ance since the 1990s. think tank based in California, showed he was running in seventh place in a crowded field of 13 contenders. City Council Member Carlina Rivera currently leads in polling of likely voters.

Senate committee backs accession of Finland, Sweden to NATO

WASHINGTON – The U.S. Senate Foreign Relations Committee on Tuesday backed Finland and Sweden's accession to NATO, paving the way for the full Senate to vote on the most significant expan-

Washington.

The 22-member voice vote, with just one member – Republican Senator Rand Paul – asking to be recorded as "present."

BRIEFS

Hoover Dam transformer fire put out without interruption to power grid

A transformer caught fire at Nevada's Hoover Dam on Tuesday and was quickly extinguished by the fire brigade without any injuries or interruption to the power grid, the U.S. Bureau of Reclamation said.

Video circulating on social panel media, apparently taken by approved the expansion by a tourist, showed a small explosion and smoke and fire coming from the base of the dam, the largest in the United States and the source for a 2,080-megawatt hydroelectric plant, enough for about 1.3 million households.

The cause of the fire was under investigation, the bureau said.

Doctor threatens to sue attorney general for defamation in 10-year-old's abortion case

An Indiana doctor who

performed an abortion on a 10-year-old Ohio rape victim threatened to sue Indiana's attorney general for defamation on Tuesday, filing a claim alleging that he made "false and misleading" statements about her handling of the case.

The case prompted a national outcry and scrutiny after the Indianapolis Star newspaper published a story, based on Indiana Dr. Caitlin Bernard's account, of a 10-year-old Ohio girl who traveled to Indiana for an abortion because an Ohio law banned the procedure after six weeks of pregnancy.

BUSINESS

A FORUM COMMUNICATIONS EXTRA



A shopper wearing a face mask is pictured in 2020 at a Dollar Tree store in Pasadena, California.

MOST AMERICANS BELIEVE A RECESSION'S ON THE HORIZON HERE'S HOW EXPERTS SAY TO PREPARE FOR

By Aldo Svaldi The Denver Post

• even in 10 U.S. consumers see an economic downturn ahead, assuming one hasn't already started. But awareness doesn't equal preparedness — two in three admit they aren't ready for what they think is coming, according to a survey from

for families to reach their personal goals," said Wayne Winegarden, a senior fellow of business and economics at the Pacific Research Institute in Monterrey, Calif. "How do you squeeze a nickel and a penny? Those become the important considerations."

A different kind of downturn Recessions vary in what

right. So far, they aren't showing any signs of panic.

Nor should people expect the kind of help the federal government provided during the pandemic when Congress approved a record \$4.6 trillion in several assistance packages to deal with the outbreak and economic downturn. Those federal stimulus checks likely won't be coming to the rescue this time, and they wouldn't be particularly helpful if they did. A popular definition of a recession is two consecutive quarters of declining economic activity. That is likely already baked in. But unusually strong growth in the first half of 2021, when the economy was rebounding from the worst of the pandemic, distorts any comparison. An official declaration of a recession will likely involve a more complicated calculation, and economists are divided on when that might happen. "More formally, we don't view the first half as a recession," said Chris Varvares co-head of U.S. Economics for S&P Global Market Intelligence, during a webinar. Industrial production and hiring remained robust this year, which wouldn't be the case if a recession were underway. Even though the economy technically contracted in the first half of the year, employers still added 2.2 million net new jobs nationally and nearly 50,000 in Colorado through May. Unemployment rates moved lower despite the slower momentum. A more likely scenario is that employers will pull back on unfilled job openings rather than let workers go. The open jobs go away before the occupied ones do. Workers might find it harder to hop around as they have the past year, and another piece of advice would be to plant roots until inflation is once again under control. But the lack of slack in labor markets, which are being driven by deeper demographic trends could also mean fewer layoffs compared to the past three

recessions.

Schultz said big job cuts would be a game changer and a clear signal that a deeper downturn is at play. Keep a close eye on the tech sector, which has been an important driver of job gains and higher wages in recent years.

Another scenario is one of high inflation that depresses

Inflation erodes the value of money, so yesterday's debt can be paid in future dollars that are worth less. Technically speaking, it is worth stretching out those payments. But most credit cards and consumer revolving debt now carry variable interest rates, which are rising alongside inflation Paying those debts should be a priority. Another reason to get aggressive about paying down debts, even if they are at a fixed rate, is if someone thinks their job might be at risk in a downturn. Being free of debt will make it easier to maneuver financially and avoid a default that could wreck credit scores. Investors might want to consider buying shares in companies that are paying dividends and are likely to grow those payouts through any downturn, Taylor said. While those stocks could still go down in value, dividends would help offset that. And losses in more conservative stocks have been less than those in growth stocks. It is also important to keep losses in the market this year in perspective given the huge run-up since late March 2020. Strange things are happening and the economy may feel untethered, but that is typical in periods of adjustment and transition, said Tom Nun, a portfolio strategist at Empower. "One of the worst things you can do when you are faced with uncertainty is to make rash decisions," he said. While most forecasts call for any recession to be less severe than others in recent history, consumers shouldn't be sanguine, Winegarden said. The world has been full of surprises this decade, and more could be coming. "The economic environment is dominated by a huge tail risk, a very large risk," he warned. "We are very economically insecure. It's like when you are on a balance beam and you are getting pushed. We could fall really far."

Reuters file photo

MagnifyMoney, a personal finance website.

"When you are living paycheck to paycheck and seeing everything around you go up in price by the day, it can be really scary," said Matt Schultz, chief credit analyst at LendingTree, which owns MagnifyMoney. "You know you don't have a lot of wiggle room to pay bills. We are seeing some of that fear in this survey."

People are clearly concerned that things will get worse before they get better, he said. But if there is a silver lining, they are preparing, or at least trying to.

A separate survey from Empower, the retirement plan manager based in Greenwood Village, found that about three in four Americans are preparing for a recession by delaying purchases, boosting savings, paying off debt more aggressively and looking at "side hustles" to earn more income.

Who is more likely to feel unprepared? Women, adults in younger generations and lower-income households, according to the MagnifyMoney survey.

Inflation, higher housing costs and rising interest rates are the warning signs cited by those who see a recession coming. And the steps people are taking to prepare were similar to what Empower – cut back found in its survey – spending, stick to a budget and build up emergency savings

Whether those darker views reflect a sober assessment of what is to come or setting the stage for a self-fulfilling prophecy, consumers would do well to brace for a slowdown, experts said.

"It makes for an exceptionally difficult time

triggers them, and what excesses in the economy they correct. The next downturn, however, could be more like those seen in the 1970s and early 1980s when inflation was more of a problem.

Service workers at restaurants, hotels and entertainment venues suffered huge job losses during the short-lived pandemic recession in the first half of 2020. The Great Recession, which followed a housing bubble and financial crisis and was a drawn-out slog, devastated the mortgage and construction industries and pretty much anyone tied to residential real estate from 2008 on. Veteran Colorado tech and telecom workers know how brutal the 2000-2001 recession was for their aspirations.

The Federal Reserve is expected to keep raising interest rates and tightening the money supply to bring inflation, at a four-decade high, under control, which historically has been around 2%. The hope is for a soft landing, but the Fed is willing to trigger a recession to break the back of inflation running above 9%.

"For the first time in my 38-year career, the Federal Reserve is not going to bail out the market by lowering interest rates or flooding the system with liquidity. They are doing the exact opposite," said Fred Taylor, a partner and managing director at Beacon Pointe Advisors in Denver.

Taylor said that when stocks go down in value, fixed income investments will normally rise, balancing out the losses. But stock markets are down by 20% or more and bond markets are down 10% to 15% because of rising interest rates. Investors are getting hammered left and

economic growth, known as stagflation. The economy muddles along but higher prices persist and consumers are squeezed and miserable for far longer than they want to be. Varvares said that scenario hasn't manifested either, but added the words "stay tuned."

Consumer confidence is collapsing, but consumer spending is not. U.S. retail sales rose 8.9% nationally year-over-year in June, which in most years would be a sign of a still healthy economy. But the increase was just below the pace of inflation, meaning the extra spending represents a keeping up rather than a moving forward.

"In simple terms, consumers did not buy more stuff in June – they bought less product but paid more for it. This is not a comfortable position as it makes consumers feel downbeat, which is one of the reasons confidence is sliding," said Neil Saunders, Managing Director of GlobalData in comments on the June retail sales numbers.

Dipping into accumulated savings and drawing on credit made that possible, but there are limits to how long that can go on, Saunders said.

How to prepare

Consumers need to save more, but inflation makes it harder to set money aside as basic living costs consume more of each paycheck. Inflation also erodes the value of those savings, requiring that more money be set aside. That could reflect why many people realize that rougher times are ahead, but feel unable to get ready.

"There is no vaccine for inflation," Schultz said.

When it comes to paying down debt, the equation isn't as clear cut, said Winegarden.

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THE MAN WHO COULDN'T BE CANCELED

Despite scandals, country superstar Morgan Wallen gets pass after pass

By Scott Mervis Pittsburgh Post-Gazette

Pittsburgh n early February 2021, which already seems like an eternity ago, Joe Biden had just taken office and was trying to pass a \$1.8 trillion relief bill, people were scrambling to get the new COVID vaccine and Tom Brady was about to contend for his seventh Super Bowl ring.

Most Americans didn't know Morgan Wallen from Morgan Freeman and may not have even noticed that he was in the process of being canceled.

Wallen, a former contender on "The Voice" who sings like he has a wad of tobacco in his cheek, had a No. 1 country hit in 2017 with "Whiskey Glasses," a rousing single from his doubleplatinum debut "If I Know Me." He'd been through Pittsburgh three times, across 2018 and 2019, in opening slots for Luke Bryan, Luke Combs and Florida Georgia Line.

During that stretch, the Sneedville, Tennesee, native, who performs at a sold-out Pavilion at Star Lake Thursday, was working on what would become the country album with the most consecutive weeks at the top of the Billboard 200.

Leading up to that, he made a few headlines as the country bad boy, kind of like back in 2000 when Kenny Chesney got busted with Tim McGraw for the great Buffalo horse caper. Wallen got himself a cock-eyed, hockeyhaired mugshot on May 24, 2020, after being arrested at Kid Rock's Honky Tonk in Nashville for public intoxication and disorderly conduct. According to the report, he was "kicking glass items," much like the whiskey glasses he was seeing the world through.



Singer Morgan Wallen visits SiriusXM at SiriusXM Studios on June 28, in Nashville, Tennessee.

freewheeling behavior. What he really needed was a Morgan Wallen from THREE months in the future.

The word

"Dangerous: The Double Album," released on Jan. 8, ran a whopping 32 songs over 100 minutes, including the bonus tracks, showing off his redneck charm, catchy hooks, breezy wordplay and scratchy backwoods vocals on drinkin' songs, both hell-raisin' and heartbroken. "The 'double album' idea," he explained in a statement, "started off as just a joke between me and my manager because we had accumulated so many songs over the past couple of years. Then quarantine hit, and we realized it might actually be possible to have enough time to make it happen." He added, "I know 32 (eventual) songs sounds like a lot to digest, but I truly did my best to make sure there's not a song that I would press 'next' on." There are no 32-song albums without nexts, but anyway, it debuted at No. 1 on the Billboard 200 with a stunning 264K debut week. A week later, it became the first country album to top the chart for two consecutive weeks since Luke Bryan's "Kill the Lights" in 2015. Week three, No. 1 again. You can just imagine the parties at Big Loud, his label. Then, on Feb. 2. career apocalypse came when TMZ released a neighbor's Ring video showing Wallen drunkenly calling to a friend's girlfriend, hurling gendered and racial slurs.

Sirius XM, Spotify, Apple and Pandora, Big Loud suspended his contract and the Academy of Country Music declared him ineligible for its awards. Morgan Wallen ...

canceled! End of story. Or not.

This is country, not pop or Hollywood. And this was a word, not a sexual assault. "deplorables" who populate the world of mainstream country didn't care. They sent his album to No. 1 for a fourth week.

An appalled Jason Isbell, a sort-of hall monitor for the musical left, tweeted of Wallen's impressive album sales, "So... A portion of this money goes to me, since I though, he tested the waters a little, right at the scene of the (first) crime, Kid Rock's Honky Tonk, where he jumped onstage with a house band to thrill a crowd with "Whiskey Glasses" and "Wasted on You."

That same month, Pandora lifted the ban (slowly followed by others) and he Terry Wyatt / Getty Images / TNS

storms, putting Wallen right in the heart of Manhattan for the opening at Madison Square Garden. The set opener was "Broadway Girls," his collaboration with rapper Lil Durk.

Rolling Stone was there in February to say there were no protests outside. "Likewise," it noted, "there were no Confederate flags being flown, no visible MAGA hats, no inflammatory signs – just a somewhat predictable sea of white faces, cowboy hats, and plaid shirts, plenty with their sleeves cut off. More than a few of the haircuts resembled Wallen's lightly coiffed mullet.

Not only was he drunk AF, he was out partying during the first months of COVID.

Coming a mere three days before the release of the first single on the album, "More Than My Hometown," it was a fun little way to make a headline. The single hit No. 1 on the Country Airplay chart.

Then, in October, a week before he was set to perform on "Saturday Night Live," Wallen was seen on TikTok partying up at an Alabama bar after a football game and kissing girls at a house party, prompting "SNL" to postpone his appearance for violating the show's serious COVID-19 protocols.

When he was invited back in December, he was part of a skit, set in October, where Morgan Wallens from one and two months in the future (one of them, Jason Bateman) come to the Alabama bar to warn him about his

The backlash was strong and swift. Within a day, his music was pulled from iHeart and Cumulus stations,

"So what is the penalty for using the N-word?," industry insider Bob Lefsetz wrote in his newsletter. "Are you canceled forever or is there a specified amount of time after which we bring you back into the fold. The point here is we don't know! And if we just talked about it we could make headway, it could become clear, but it's off the table. Primarily because if you speak up chances are you'll get caught in the crossfire and be canceled too. You've got to agree with the group or you can't speak, you're not entitled to an opinion."

Among the many negative responses to his piece: "... you may want to retract some of this, it doesn't sound great. Apologists for using the nword are not good looks."

Donald Trump would have brushed it off as "fake news."

Wallen took the other route. "I'm embarrassed and sorry," he said in a statement. "I used an unacceptable and inappropriate racial slur that I wish I could take back. There are no excuses to use this type of language, ever. I want to sincerely apologize for using the word. I promise to do better."

A marginal artist might have been cast aside for good, but what about a young cash cow with a mullet? The so-called wrote 'Cover Me Up.' I've decided to donate everything I've made so far from this album to the Nashville chapter of the @NAACP... Thanks for helping out a good cause, folks."

Wallen went to Instagram on Feb. 10 with a five-minute video apology, in which he explained, "The video you saw was me on hour 72 of a bender, and that's not something I'm proud of." He added "It's on me to take ownership for this and I fully accept any penalties I'm facing" and noted that he had met with Black leaders and organizations, who had shown him "grace."

Meanwhile, "Dangerous" sales kept surging: five weeks No. 1, six weeks, seven weeks — breaking Garth Brooks' 1992 record for a country artist — on its way to 10 weeks.

Redemption road

After a year-plus of no concerts due to COVID, bands were ready to roll ahead for summer.

Wallen put the kibosh on that, posting a handwritten letter on Twitter in April 2021 thanking fans for supporting the album, expressing pride in his personal growth and revealing that he was bowing out of all touring, including festival dates and the Luke Bryan Proud to Be Right Here Tour. A month later, won three Billboard Music Awards. He did a second impromptu live performance, after playing a charity golf tournament with Luke Bryan, and then a third with Eric Church, Hardy and Darius Rucker.

In his first interview, that July, Wallen withstood a proper drilling from Michael Strahan on "Good Morning America," where, in a deadly sober tone, he explained that "I was around some of my friends, and we we say dumb stuff together. And it was in our minds, it's playful ... that sounds ignorant, but it that's really where it came from ... and it's wrong."

After that, he ducked away until October, when, right after being banned from the CMA Awards (where he was nominated), he announced he would be headlining three Country Thunder festivals, beginning in April 2022, and also play Kentucky's Rupp Arena in December.

When they sold 36,000 tickets in 90 minutes, that was about it for the cancellation of Morgan Wallen. He ended the year with the top album of 2021 and the announcement of the 54-city Dangerous Tour.

Live and Dangerous

It was set to open in the Midwest, but those three shows were canceled due to winter "It was as if the uproar caused by his use of the n-word had all but faded."

The conservative New York Post spin was that while Wallen's critics try to paint the country world as racist, "The overwhelming majority of Americans despise racism while also rejecting the idea that those who utter the wrong word must be subjected to Cultural Revolution-style struggle sessions and then still be canceled.

"Whether or not you're a fan of Wallen or country music, the fact that he's still standing despite the concerted attempts to finish him is worth cheering."

Not only is the "Southern drawl crowd" cheering, so are the promoters who are making bank on one of the hottest tours of the summer.

At last glance, resale tickets for the sold-out Star Lake were going for \$325. That's for the lawn. If you want to make it there, don't even think of getting on Route 22 after work.

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New tastes and trends | Summer Fancy Food Show in NYC puts cuisine on display

By Gretchen McKay Pittsburgh Post-Gazette

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NEW YORK — What are Americans hungry for?

If the recent Summer Fancy Food Show is a culinary barometer, a growing number of us want food that's not just healthful and good for the planet, but also excites with

adventurous, global flavors. For instance: Like mushrooms? It might be time to start, because the fungi popped up as an ingredient in everything from Muze's sustainable vegan Ecuadorian chocolate to Popadelics' flavored snacks to Bee Shepherd's adaptogenic honey at the New York show, which took place June 12-14 at the Javits Center.

Or perhaps gut health is a major concern. No worries, because specialty food companies such as American Vinegar Works, with its small-batch, naturally fermented vinegars for cooking and cocktails, and Hidden Gem, which brews an antioxidant-rich, kombucha-like beverage from upcycled avocado seeds called Reveal Avocado Seed Brew, stand at the ready.

Brands reimagining clas-sic dishes included The Great Knead, which debuted allergen-free soft pretzel nuggets; Carbone Fine Food's onionand garlic-free marinara "delicato" sauce, geared toward those with digestion issues; and Michigan-based Nutcase Vegan Meats's "meatloaf" made with quinoa, hemp seed, brown rice and nuts.

Top trends

With more people than ever happy to eat their vegetables, plant-based foods were among the show's top trends, according to the Specialty Food Association, the trade group founded in 1952 that produces the event. Foods and beverages with sustainable and ethical characteristics were also on the trendspotter's radar, along with alternative comfort foods, including Current Foods' plant-based tuna and salmon (made from pea protein), pizza and pasta sauces, grown-up flavor twists (whiskey-infused coffee or sparkling mocktails, anyone?), pepper sauces and global flavors, such as Freshe's ready-



Wine Chips bills itself as the one chip in the world specifically designed for wine. Flavors include Smoked Gouda, Blue Cheese and Serrano Cheddar.

The U.S. specialty food and beverage industry is big business, hitting a whopping \$175 billion in sales in 2021, per the Specialty Foods Association. It covers everything from meat, seafood, cheese and refrigerated entrees to snack foods, baked goods, chocolate and other confectionery, and beverages including coffee, water and hot chocolate.

The Italian pavilion, designed to take guests on a culinary tour through Italy via its 300 Italian companies, was especially spectacular. Along with live cooking shows, attendees were treated to samples of Parmigiano-Reggiano and thin slivers of prosciutto di Parma along with slices of pizza. There also were major displays from Japan, Morocco, Australia, Mexico, Turkey, Poland, Korea and a host of other international exhibitors 54 countries in all.

Representing Pittsburgh Pittsburgh was well represented among the six State Pavilions, with five specialty food providers in the Pennto-eat gourmet fish meals in sylvania exhibit. First-time mers attendee Jenny Lee Bakery (5 Generation Bakers) offered samples of the ready-to-serve bread pudding the McKees Rocks bakery will unveil later 2020, they decided to create this summer, while Mancini's — a Pittsburgh classic since 1926 — promoted its soon-to-retail spent grain beer buns (made with Voodoo Brewing Co. spent grain). Other local products includ-Sito's Mediterranean dressing (served at Khali's restaurant in Bloomfield), Robinson-based Smileycookted out emerging and newish ie.com (which makes perspecialty food products from sonalized Smiley Cookies in around the world at the 66th custom colors and shapes for gifts and events), and Somand promote their products erset's Bumbleberry Farms, to national and internation- maker of hand-crafted honeys

said owner Karen Mosholder, who started the honey company in 2011 with 15 hives. She's been coming to the show since 2015. Making its debut was the company's honey cream spreads in sweet orange cardamom, chocolate raspberry and lemon-vanilla flavors. With so many sights, smells and new tastes across two levels, "Everyone is in a great mood," she said.

Upstairs on the more posh Level 3, attendees could check out Liokareas Olive Oil's array of flavored Greek olive oils, kalamata olives and other Greek pantry items. Also displayed was the Bethel Park company's award-winning Rx High Phenolic Extra-Virgin Olive Oil, billed as "Your Elixir for Life" because of its reputed health benefits.

Nine notables

With only about eight hours on site, it was impossible for a reporter to see, and taste, everything. But a few items stood out. Here are a few that caught my eye.

► Maple syrup that shimthe pandemic make Did

with a new pasta shape it says maximizes the food's sauce-, fork- and "toothsink"-ability. The curved, ruffled noodles created by Dan Pashman of "The Sporkful" food podcast are called Cascatelli (Italian "waterfalls"), and took for three years to formulate.

Funny teabags

More Americans than ever are drinking tea. We also adore political parody and satire. Noah Bleich combined the two with a line of organic and kosher tea packaged in whimsical parcels. The TeaBook's collectible gallery of teabags features underrepresented communities' historical and political figures, created by artists of diverse backgrounds. Seriously, who wouldn't love a cup of Vincent Van Goghji Berry Tea or Ruth Bader Ginseng Lemon Green Tea?

Potato chips for wine drinkers

Wine is often served with cheese and crackers. How boring! Wine Chips bills itself as the one chip in the world specifically designed for wine. The premium lattice-cut chips come in flavors that include Smoked Gouda, Manchego, you feel sad? The folks at Blue Cheese, Serrano Cheddar and, for the really adventurous, Spicy Calabrese.

wagandha, elderberry and reishi mushroom.

Crunchy mushrooms

Fried snacks taste so good but we all know they're also bad for you. Popadelics are crunchy shiitake mushroom caps "redesigned for the modern superfood snacker." The better-for-you chips are made by vacuum frying, a process that uses air pressure and hot oil to cook food at much lower temperatures, preserving more of its color, nutrients and flavor. Even better, it's female founded and owned, and purchases help fund charitable organizations and causes centered around health and wellness.

► Fancy fish

If you like StarKist Pouches for lunch, you're really going to love Fresche's gourmet tuna and salmon meals. The sustainably sourced proteins from Portugal come ready to eat in colorful, palm-sized tins, infused with savory herbs and spices. Varieties include Sicilian Caponata, Thai Sriracha Tuna and Moroccan Tagine Salmon.

► Mood-altering drinks

Feeling stressed? "Glide" from The Hemp leen lea Division will help vou chill. It combines monk fruit with a body-relaxing, mood-elevating infusion of CBD hemp extract.

These trends even extend to baby food, with brands such as Kekoa Foods and Little Pickins making a splash. The former uses herbs, roots and spices to create its squeezable pouch purees in adventurous flavors like Curry Vegetable Mango and Beets, Fennel and Kale; the latter makes precooked, veggie-packed organic "meal C bites" packaged with cute ed names like Broc N' Roll and Love You, Tofu.

Some 1,800 exhibitors trotshow. The goal: to connect al buyers — often with a and spreads. tasty sample.

"It's exciting to be back,"

Runamok Maple in Vermont found it did for them. So in a product that would bring joy and "make people smile during the darkest time," said marketing manager Dan Robbins — a syrup infused with sparkles. Within months, the maple syrup company's glittery Sparkle Syrup, made with pearlescent mica, was a top seller. Runamok also makes a limited-release Sparkle Tonic cocktail mixer that gives drinks a sweet shimmer.

► Wavy pasta

Everyone cooking at home during COVID-19 jumpstarted growth in the pasta realm, but spaghetti. Sfoglini came up

► Gum that's good for you

Even before the pandemic, Mathew Thalakotur had struggled to remember to take his vitamins. So the former brand manager for Beech-Nut, Procter & Gamble and Coca-Cola Company The decided to turn his chewing gum habit into something that not only was "enjoyable, but with no guilt" but also good for you. In 2020, with help from food scientists and herbalists, he launched Seattle-based Mighty Gum. The immunity-supporting, growth in the pasta realm, but sugar-free chewing gum is really, you can only eat so much made with vitamins, zinc and the healing botanicals ash-

Plant-based noodles

As a parent to someone with celiac disease, I'm always on the lookout for gluten-free noodles. Caloless Noodle Zero pasta is made from something I had never heard of — konjac glucomannan powder, a dietary fiber made from the root of the konjac plant. Lowcal and low-carb, they come precooked and ready to go; just rinse and add to your favorite sauce, soup or stirfry. They come in chili, beef and seafood flavors.

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Keto vs. Mediterranean diet Which is the best choice for diabetics?

By Morayo Ogunbayo

The Atlanta Journal-Constitution

Mediterranean The diet and the ketogenic, or keto, diet have both received praise over the past few years for their abilities to help people lose and maintain weight, as well as cutting blood sugar levels in people with prediabetes and Type 2 diabetes.

The "low-carb" diets were both created with showed a decrease in fiber. the goal of reducing sugars and refined grains, with the keto diet being the more restrictive of the two. The diets aimed to add more starchy vegetables to a person's parameters, the keto diet fat. It is quite restrictive, diet, which have been found to be beneficial to people with any form of diabetes.

While the diets share many similarities, their terranean diet did have exact outcomes are not the edge on some metthe same. In a study of rics. For LDL cholesterol, 33 people with diabetes often known as "bad" conducted for the Amer- cholesterol, the keto ican Journal of Clinical diet had a 10% increase, Nutrition, it was found while the Mediterranean that the keto diet had diet had a 5% decrease. a 9% drop in HbA1c, or blood sugar levels, while keto diet saw a drop in the Mediterranean diet only resulted in a 7% drop.

While both weight, the keto diet maintained a slight edge with an 8% drop in weight versus the keto diet's 7%.

For cardiometabolic saw a much larger drop because a person must in triglycerides, at 16%, eat a high amount of while the Mediterranean diet only had a 5% drop.

However, the Medi-Also, those following the nutrients compared to those on the Mediterranean diet and had a diets much lower intake of

> In the keto diet, the goal is to reach "ketosis," in which the body does not have enough carbs to burn for energy, so it begins to burn protein and fat with an extremely low amount



Dreamstime / TNS

In a study of 33 people with diabetes conducted for the American Journal of Clinical Nutrition, it was found that the keto diet had a 9% drop in HbA1c, or blood sugar levels, while the Mediterranean diet only resulted in a 7% drop.

of carbohydrates.

The Mediterranean diet is often much sim-

inspired by people who olive oil. live near the sea. It mostly includes whole grains, fruits, vegetables pler to follow, as it is and seafood, as well as

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ATIONAL SPORTS

SDAY, JULY 20, 2022

A FORUM COMMUNICATIONS EXTRA



Curtis Compton/The Atlanta Journal-Constitution/TNS SEC Commissioner Greg Sankey holds his opening press conference to begin SEC Media Days at the College Football Hall of Fame on Monday in Atlanta.

WE'RE ALREADY **A SUPERLEAGUE**'

SEC commissioner has honest answers at conference's media day

By Chip Towers

The Atlanta Journal-Constitution 'ill there be further expansion of the SEC? Perhaps. Will Oklahoma and Texas join the league early. Dunno. What's the solution to competitive equity with the advent of NIL? Not sure but working on it. Will the College Football Playoffs expand? Maybe, eventually.

That paragraph could duly but not entirely accurately sum up Commissioner Greg Sankey's remarks to open SEC Football Media Days at the College Football Hall of Fame on Monday. Nothing definitive.

As they were delivered, though, Sankey's words were profound and well summarized where the game is at the onset of the 2022

football season – in flux. Sankey's opening remark and answers to the many far-reaching questions that came his way on Day 1 of the SEC's annual preseason convention were more honest than evasive. There simply are too many moving parts now to pronounce anything definite. "We're dealing with complex problems that won't be solved with complaints, by accusations, by fingerpointing, by offering simple solutions," Sankey said. "What is needed now is collaboration, deep thinking about real-world solutions with everyone participating in the conversation.' The chief takeaway Monday was that Sankey is quite content with where the SEC is at the moment. The league will expand to 16 teams with the addition of Oklahoma and Texas from the Big 12 Conference in July 2025, if not earlier. Sankey referred to the SEC as "a superleague" and said he felt that way before and after the Big Ten added UCLA and Southern Cal to expand its membership to 16 on June 30. "We're comfortable at 16," Sankey said during a question-and-answer session with a few hundred sports journalists in the main hall of the Hall of Fame in downtown Atlanta. "There's no sense of urgency; there's no sense of panic. We're not just shooting for a number of affiliations that make us better. Could they be out there? I'd never say they aren't, and I'd never say they are." The truly intriguing part of Sankey's 40-minute appearance, televised live on the SEC Network, was his admission that the SEC is actively fielding inquiries

from other teams from other conferences about the possibility of joining the SEC. In the immediate aftermath of the Big Ten's expansion news came reports that Clemson, Florida State, North Carolina, Virginia and Virginia Tech might be interested in jumping ship to the SEC.

Sankey would not confirm which teams he has or has not heard from, only that many out there are considering options. Like last summer, when Sankey said he was approached by Oklahoma and Texas, Sankey said he owes it to the membership to listen.

"We're attentive. We're engaged in conversations," Sankey said. "The great news for the Southeastern Conference is that people call and say, 'Hey, you're doing something really special, and they kind of hint around the edges.' But, as I've said, we know who we are. We're confident in our success. We're really looking forward to the expansion of 16 teams and don't feel pressure to just operate at a number. But we'll watch what happens around us and be thoughtful."

2010 and six different teams claiming championships.

"So, I'm not trying to be a smart-aleck guy, but we ARE a superleague," Sankey said. He also mentioned the SEC's current configuration of having schools located in 'contiguous states."

In addition to keeping the SEC as is, Sankey said it is fine with keeping the playoff format at four teams. Twice in the last four years the final has included a pair of conference affiliates.

But he has been outspoken in his support of a 12-team playoff that would include six "conference qualifiers" and six at-large selections. However, that format was shelved at the NCAA summit with other league's dissenting.

"I walked out of that meeting much more positive about the path forward than when I walked in," Sankey said. "There's a lot of work to do. We have time, and we'll use it." Managing Name, Image and Likeness and the issues that have come with it - some expected, others unexpected – is even more complicated. Like most everyone in the sport, he believes it has to be regulated, whether that's at a state law or NCAA level. "We've allowed it to enter the recruiting space in a really weird way, and that needs to be healthier than it is right now," Sankey said. "We need an enforceable standard." Still to be decided is the scheduling format for a 16-team SEC. Sankey allowed that coaches and administrators favor a onedivision, three-permanentrivals format but that many details still needed to be worked out. A nine-game schedule represents the best solution. "There are limits on the number of options available for three permanent opponents based on the number of games; nine makes that more practical," Sankey said. "I had two points when we expanded that I wanted to be front and center: One is that we engage in blue-sky thinking, let's look at the big picture. The second is that we rotate teams through campus as frequently as possible so we don't go 12 years between visits. Those two have guided us. That last one relates to the number of games, permanent opponents and how many times you can move people that cleanly." ©2022 The Atlanta Journal-Constitution. Distributed by Tribune Content Agency, LLC.

Chicago to host first-ever NASCAR street race in 2023

By Robert Channick Chicago Tribune

CHICAGO — Imagine cars racing down Lake Shore Drive at 130 mph, burning rubber on South Michigan Avenue and jockeying for position bumper-to-bumper on Balbo Drive. Welcome to the new rush hour in Chicago.

The city announced Tuesday it will transform the Grant Park environs into the first-ever NASCAR street race for a weekend next summer. The televised Cup Series event will feature a 12-turn, 2.2 mile-course, with top NASCAR drivers weaving through the park on closed-off streets lined with temporary fences, grandstands and what promoters hope will be thousands of fans.

"This is actually going to be our first race on a street course in our 75-year history," said Ben Kennedy, NASCAR senior vice president of racing devel-opment and strategy. "I think it's going to be a very unique course.

The NASCAR race is set to take place on Sunday, July 2, with plans for a separate sports car race scheduled for July 1. The Chicago Street Race will also feature music and entertainment in an effort to attract attendees to Grant Park and much-needed hospitality and tourism revenue to the city.

NASCAR, which is promoting the event, selling the tickets and building the track, will pay rental fees to the Chicago Park District for the use of Grant Park, but terms of the agreement with the city were not disclosed.

"Chicago's streets are as iconic as our skyline and our reputation as a world class sports city is indisputable," Chicago Mayor Lori Lightfoot said in a news release. "I am thrilled to welcome our partners at NASCAR to Chicago for an event that will attract thousands of people to our city."

While the street course has been tested in simulations, the proposed length of the race has yet to be determined, Kennedy said.

The Chicago Street Race is slated to be one of 36 events in the NASCAR Cup Series, which stretches from February to November and includes such well-known races as the Daytona 500 and newcomers such the Enjoy Illinois 300, which held its first NASCAR event last month at a track just outside the ongoing global semicon-St. Louis. Most NASCAR tracks range from a quarter-mile to $2 \frac{1}{2}$ mile banked ovals, but the Florida-based sanctioning sanctioning body for stock car racing holds several events at road courses, including Road America in Elkhart Lake, Wis., which hosted a Cup Series race July 3. That track will be bumped from the NASCAR Cup Series next summer to make way for the Chicago event. The proposed Chicago course will start on Columbus Drive in front of Buckingham Fountain, an area that will also serve as pit road. From there, drivers will go south to Balbo Drive and then jog east toward Jean Baptiste Point DuSable Lake Shore Drive. Heading south along the lake, drivers will turn west on Roosevelt Road, working back north on Columbus Drive in a rough figure eight that will take in a piece of South Michigan Avenue before reaching the start/finish line.

compete in Chicago. Their race cars, which can hit 200 miles per hour, will likely top out at a much lower speed on the Chicago street course, Kennedy said.

"We're still running simulations to figure that out," Ken-nedy said. "I would guess in the neighborhood of 120-plus or so at top speed. And then on the low end, we'll probably be similar to the speed of cars going around Grant Park right now."

The streets will be closed to traffic for an indeterminate length of time before, during and after the race, Kennedy said.

While barriers will be erected to keep drivers and spectators safe, the extent of the street closings during the race has not been disclosed.

"We're going to try to leave a majority of the streets open as long as we can," Kennedy said. "A lot of the construction will only happen overnight. So the walls and fencing will kind of go in probably down the streets ahead of time. And then they'll wait until the last minute to close off the corners."

The most dangerous lap may well take place Tuesday afternoon, when NASCAR driver Bubba Wallace navigates the course in real Chicago traffic, led by a police escort.

This is not the first NASCAR race to be held in Chicago, nor the first time the city aspired to turn Lake Shore Drive into a race course.

Soldier Field hosted a NASCAR Cup Series race in July 1956. A quarter century later, an ambitious plan by then-Mayor Jane Byrne to hold a Formula One race on Lake Shore Drive in the summer of 1981 never made it to the starting line.

This time, the course will stay north of Soldier Field and south of the infamous S-curve on Lake Shore Drive.

The Chicago area has been home to the NASCAR circuit in recent years, with Chicagoland Speedway in Joliet track hosting a number of races since opening in 2001. But the 1.5-mile oval has essentially been idled since it was acquired in 2019 by NASCAR as part of a \$2 billion merger agreement with International Speedway Corp.

Most recently, the track has been used as a parking lot for thousands of Ford SUVs built at the Chicago Assembly Plant and awaiting computer chips during ductor shortage that has disrupted auto production. Kennedy said NASCAR will bring racing back to Chicagoland Speedway at some point, but declined to give a specific timeline. Chicago Tourism has been hard hit and slow to recover from the pandemic, with the city hosting 30.7 million visitors last year, up 86% over 2020, but still far below pre-pandemic years, when the city regularly welcomed more than 50 million visitors annually. Hotel occupancy has picked up this summer, and the city is hoping to see tourism return to pre-pandemic levels by 2024. Major events such as the NFL draft and the Lollapalooza summer music festival, which is held annually in Grant Park, can significantly boost tourism numbers and bring millions of dollars in economic impact to the city. Whether holding a NASCAR race on city streets around Grant Park does the same remains to be seen.

There does, however, seem to be an inevitability that conference realignment will continue nationwide.

"It's left a lot of internal conversations about where do we go, I understand that," said LSU coach Brian Kelly, who left Notre Dame after last season. "There's the question about Notre Dame, what do they do? Maybe they're better positioned than some. It's musical chairs, and there's not enough chairs for everybody. That's the current state of college football."

Sankey hinted the league is not interested in necessarily expanding its geographic footprint. With their recent membership expanding with other Power Five teams or "Autonomous Five," the Big Ten and the SEC have asserted themselves as college football's power brokers. Speculation continues that those two conferences could break away from the NCAA to form a sort of "superleague."

Sankey scoffed somewhat at that prospect. He enumerated in his opening remarks the SEC's consistent domination of college football's competitive landscape. With Georgia's national title secured in January, the league has won three consecutive CFP championships. He also pointed out the run of four straight titles from 2007-

Chase Elliott, Ryan Blaney, Daniel Suárez and other top NASCAR drivers are expected to

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Terrence Antonio James/Chicago Tribune/TNS

Chicago Mayor Lori Lightfoot, left, greets NASCAR driver Bubba Wallace at Cityfront Plaza in Chicago on Tuesday during a press event to announce that NASCAR will hold races on the streets of downtown Chicago over the next several years. Wallace's racing team is funded by former Chicago Bulls superstar Michael Jordan.