

# BRainerd DISPATCH

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**VIDEO**  
For video, see [bemidjipioneer.com](http://bemidjipioneer.com)



## CUYUNA CHRISTMAS

Kelly Humphrey / Brainerd Dispatch

Fireworks top off the evening Saturday during A Cuyuna Christmas event hosted by Smiles for Jake and Cuyuna Regional Medical Center at Memorial Park in Crosby.

### Shelter opens as snow, cold temps arrive

#### Beds available each night for up to 20 adults in need

**By Theresa Bourke**  
Brainerd Dispatch  
Brainerd officially has a warming shelter, and just in time to provide reprieve from the snow Mother Nature dumped on the lakes area over the weekend.

“We’re excited and happy to be able to provide the service, but also at the same time you’re sad that this support is needed,” said Jana Shogren, executive director of Bridges of Hope, during a phone

**SHELTER:** Page 7



Theresa Bourke / Brainerd Dispatch

A warming shelter on South Seventh Street in Brainerd opened its doors for the first time Friday.

### Residency program helps rural clinics retain nurse practitioners

**By Robin Fish**  
Park Rapids Enterprise  
PARK RAPIDS — A nurse practitioner who works part-time at Essentia Health-Park Rapids Clinic is part of a residency program to help new graduates transition to rural health care careers.

Kelsey Stay works mainly at Essentia’s Walker Clinic, but also sees walk-in patients in Park Rapids, mainly on weekends. She started the job in April after graduating in May 2020 from the College of St. Scholastica in Duluth with a Doctor of Nursing Practice degree.

Since October, Stay has also been one of four nurse practitioners (NP) across the Essentia Health system participating in a 12-month

**CLINICS:** Page 8

### Weekend snow blankets lakes area

#### Upcoming week brings chance of more accumulation

**By Theresa Bourke**  
Brainerd Dispatch

Brainerd saw about 5 inches of snow Saturday night into Sunday, Dec. 5, and more was on the way Sunday evening.

The area just west of East Gull Lake saw the highest accumulation in the lakes area, according to National Weather Service meteorologist Lee Britt, with about 6.5 inches.

The National Weather Service’s snowfall map showed a report of 14 inches of snow in Solway, just south of the international border, as of Sunday afternoon, and 11.5 inches northeast of Bemidji in Lavinia.

Britt said he expected about another inch to fall on Brainerd Sunday night, as Crow Wing, Pine and southern Cass and Aitkin counties were under a winter weather advisory until midnight Sunday, with gusts of wind up to 40-45 mph expected. Meanwhile,



Kelly Humphrey / Brainerd Dispatch

Snow falls on Laurel Street on Sunday in downtown Brainerd. The city saw about 5 inches of snow by Sunday morning, with more expected to accumulate overnight.

those along the North Shore were under a blizzard warning until 6 a.m. Monday, with an expected accumulation of 7-11 inches of snow and wind gusts up to 45 mph.

With the recent snow, Brainerd still sits at lower than average precipitation for the year, with 19.55 inches reported between Jan. 1-Dec. 4, compared to a normal accumulation of

24.06 during that time period.

Temperatures are expected to cool down this week, after having surpassed 40 degrees

**SNOW:** Page 7

### Brainerd paper mill started with dam

#### River driving force behind major industry

**By Frank Lee**  
Brainerd Dispatch

Minnesota’s waterways were the transportation routes for shipping and commerce before the construction of roads and airports.

The Land of 10,000 Lakes’ abundance of natural resources almost ensured the paper milling industry would figure early on in the state’s history.

The Northwest Paper Co.’s beginnings date back to 1898 with



Brainerd Dispatch archive photo

The dam and pulp mill in Brainerd as it appeared in 1905.

the construction of a groundwood mill and a one-machine newsprint mill in Cloquet. That led to the construction of a two-grinder pulp mill in 1903 at the west end of

the Crow Wing Boom Co. dam, built in 1888 near Brainerd.

“The supply of wood for a mill on the upper river tributary to Brainerd is very large and it is

easy of access,” according to the Oct. 24, 1902, edition of the Brainerd Daily Dispatch.

In order to connect with a train sidetrack on the hill, a high tower was built and a covered bridge was erected from the tower to the hill. The sheets of pulp were transported from the rollers to the elevator, hoisted to the top of the tower and trucked to the cars and loaded.

“This is an unusually busy season of the year at the Brainerd pulp mill of the Northwestern Paper company, and they are running night and day, Sundays not

**MILL:** Page 8

#### INSIDE TODAY

HEALTH 10 OPINION 6 CLASSIFIED 9 COMICS 4 SPORTS 11-14 DEAR ABBY 7



### NFL Football

# 12

#### Lions get 1st win over Vikings



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Photos contributed / U.S. Forest Service

**Above left:** A live tree cut down by campers last summer. Superior National Forest officials say they are reducing the number of Boundary Waters Canoe Area Wilderness permits available in 2022 to reduce problems in the wilderness. **Above right:** Campers not only extended a campfire outside of its fire pit, but also cut down and tried to burn live trees at this campsite last summer.

# Forest Service is reducing permits for Boundary Waters

Move made to reduce overcrowding, cut back on resource damage

**By John Myers**  
Duluth News Tribune

Superior National Forest officials say they will reduce the number of people allowed into the Boundary Waters Canoe Area Wilderness next year after throngs of visitors caused overcrowding and damaged the natural resources in 2020 and 2021.

The move — reducing the number of permits issued to groups for some specific entry points — is hoped to help reduce the recurring problems that seemed to worsen during the pandemic.

Officials said they will

focus on the 24 busiest entry points of the total 74 entry points in the wilderness.

The reductions won't be drastic, probably one to two fewer permits daily for the busiest entry points, said Susan Catton, a spokesperson for the Superior National Forest.

Catton said the final permit numbers are still being decided and will be made public sometime before 2022 BWCAW permits go up for reservations Jan. 26 at 9 a.m.

Catton said forest officials have been working

with businesses around the BWCAW, such as outfitters, for about 18 months on how to deal with the problems.

"We've been getting comments from the public, thousands of comments over the past decade or so from visitors who say they have seen their quality of the experience decline because of overcrowding and resource degradation," Catton said, adding that the Forest Service is also working to add more wilderness rangers to provide hands-on enforcement and education to people

in the wilderness.

Permits are required to canoe into the BWCAW from May through September and are limited in most areas to spread out use across the 1.1 million-acre federal wilderness.

More than 165,000 people visited the BWCAW in 2020, a 16% jump from the previous year and the most in at least a decade, according to the U.S. Forest Service. Visitorship in recent years had averaged around 150,000. The number of permits issued jumped from around 25,000 to more than 30,000.

Final visitation numbers for 2021 are not yet available, but several businesses that issue permits and many visitors reported that much of the summer was just as crowded as the year before, except for weeks when the wilderness was shut down due to wildfire danger.

The problem wasn't just more visitors but also many new visitors who either didn't know or didn't care about the wilderness ethic of "leave no trace." Some campers cut down live trees, expanded fire rings, didn't dispose of human waste properly and left large amounts of trash behind. Forest Service officials at one point said they were seeing "unprecedented" natural resource damage.

It's expected that the reopening of the Quetico Provincial Park wilderness just across the border from the BWCAW may help alleviate some of the congestion on the Minnesota side. The Quetico was off-limits to U.S. residents during the summers of 2020 and 2021 due to pandemic border restrictions and, even when the border opened in mid-August, closed due to wildfire danger.

## WEATHER OUTLOOK

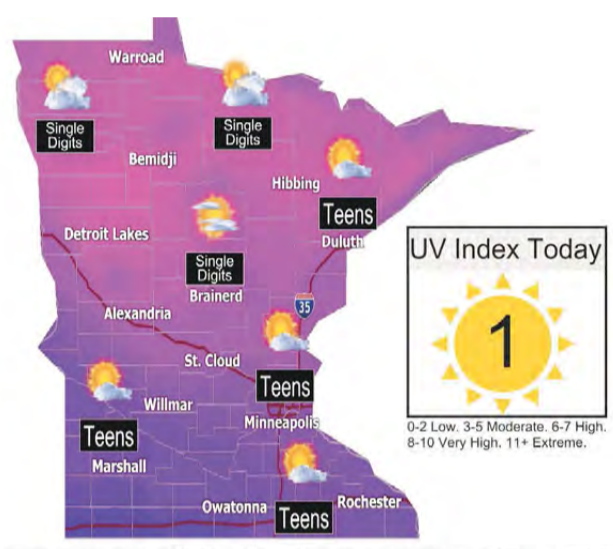


Jared Piepenburg, Jesse Ritka, Chief Meteorologist John Wheeler, Lydia Blume, Robert Poynter

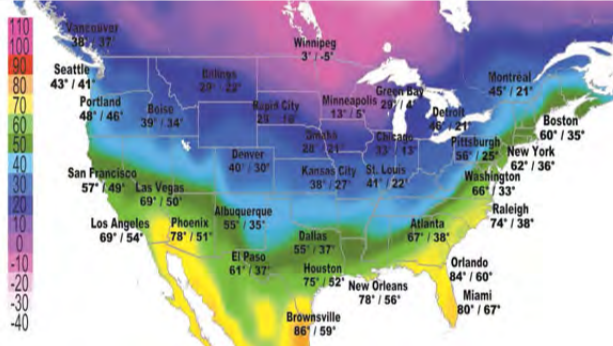
## StormTRACKER BRAINERD FORECAST

Monday	Tuesday	Wednesday	Thursday
6/-3 Mostly Sunny Wind: NW 19 mph	20/6 Partly Cloudy Wind: S 6 mph	23/20 Mostly Cloudy Wind: SE 10 mph	37/20 AM Snow Showers Wind: SW 11 mph
Friday	Saturday	Sunday	Monday
32/16 PM Snow Showers Wind: W 4 mph	27/19 Partly Cloudy Wind: W 10 mph	42/25 Mostly Sunny Wind: SW 11 mph	37/27 Partly Cloudy Wind: S 6 mph

\*Average wind speed for each day



Regional Weather	Today	Hi	Lo	Tomorrow	Hi	Lo
Bemidji, MN	1	-6	17	0	14	6
Duluth, MN	16	1	19	6	13	5
Eau Claire, WI	19	4	21	14	18	8
Fargo, ND	2	-4	17	2	18	11
International Falls, MN	2	-7	12	-5	7	0
Regional Weather	Today	Hi	Lo	Tomorrow	Hi	Lo
Marshall, MN	14	6	27	12	13	5
Minneapolis, MN	13	5	22	13	16	8
Rochester, MN	18	8	23	16	17	9
Sioux Falls, SD	18	11	34	17	17	9
St. Cloud, MN	7	0	20	9	20	9



### StormTRACKER Forecast

Very cold today and windy with highs in the single digits.

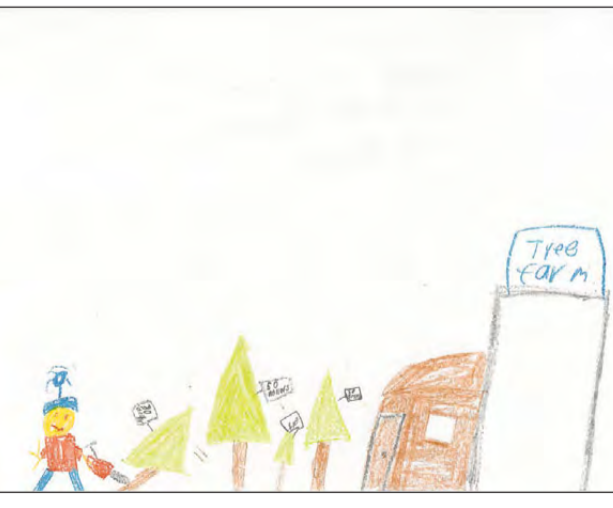
Almanac Through 6 pm Sunday

Temperature	High	Low
Sunday	30	27
Normal	30	12
Record	49 in 1939	-22 in 1955

Precipitation Sunday: .17"

Sunrise: 7:45 a.m.      Sunset: 4:30 p.m.  
Moonrise: 10:39 a.m.      Moonset: 6:55 p.m.

Constantly updated forecasts online  
[www.brainerddispatch.com](http://www.brainerddispatch.com)



### Annual tradition

Weather drawing by Jonas Klicker of Mrs. Meyer's third-grade class at Harrison Elementary School.

Attention teachers: Don't forget to submit your students' weather drawings to the Brainerd Dispatch, P.O. Box 974, Brainerd, MN 56401

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Photos by Steve Kuchera / Duluth News Tribune

Wearing protective gear nurses Paul Johnson and Jen Reed pull on gloves before caring for COVID-19 patients in one of St. Luke's intensive care units on Wednesday.

# Staff shortages are main concern at Duluth ICU

By Laura Butterbrodt  
Duluth News Tribune

DULUTH — A few weeks ago at St. Luke's intensive care unit in Duluth, it was nearly impossible to find an available bed for a patient. While patient volumes have decreased slightly since then, there is still a critical shortage at the hospital: staff.

Since the coronavirus pandemic began, St. Luke's ICU nurse Heather Swanson described witnessing a "mass exodus" of nurses and other staff.

"An open bed does not mean that it's a staffed bed, and there's a big difference between the two," Swanson said. "You can stay at home and be in bed, but having the skilled person to take care of you is what it's about."

Brittney Kurhajetz, interim critical care manager at the St. Luke's ICU, said the main reasons for the shortage are early retirements, staff leaving the field due to burnout and nurses choosing to work as travel nurses instead. Travel nurses are typically paid high rates because the contract process is extremely competitive, and many small health care organizations can't compete with larger organizations that can afford to pay higher wages.

St. Luke's ICU nurse Jordan Baird said while burnout levels depend on the individual experience, nearly every staff member has been working overtime to help fill the gaps in staff. Nurses in the ICU need to have a rounded set of skills and experience, so it's harder to find qualified staff to fill vacancies. Baird said he hasn't worked a regular week without overtime since sometime this summer.

"Most of our nurses here are working in hours way beyond what a normal FT (full time) would be," Baird said. "A lot of us are working 50-, 60-, 70-hour weeks at times and that's because we look out for one another. We can't create nurses that can work here out of thin air, so we stay and become an extra and we do everything we can."

And the shortages aren't just in nurses. Marla Halvorson, St. Luke's human resources director, said in October that there were several hundred open positions across the health care system, including nurses, nurse assistants, technicians, clerical support, hospitality services and office employees.

"We are looking for staff in almost every corner of the organization," Halvorson said. "There are a lot of opportunities here. Health care has been

through a lot in the last year and a half, but this is also a very rewarding field."

Kurhajetz said she feels lucky to work with the team at St. Luke's, where staff are willing to work above and beyond to fill the gaps left by shortages in order to help patients. Several departments, including surgical units, have been combined in order to consolidate available staff.

"It's a small enough hospital that people know each other," Kurhajetz said. "You're really trying to help one another out all the time."

Swanson said she doesn't believe the shortages were worsened by St. Luke's employee COVID-19 vaccination mandate because most staff members either were willing to be vaccinated or received an exemption. In October, St. Luke's reported a total of 27 employees resigned because of the mandate, which was less than 1% of the health care system's total staff.

Baird said one of the biggest struggles of the most recent COVID surge in hospitalizations is that other emergent conditions, including strokes, injuries, surgeries and other patients needing intensive care do not stop. If at any time there was a vacancy at St. Luke's, the health care system was receiving patients from other Northland hospitals, the Twin Cities and other areas in Greater Minnesota. In addition, patients from the Dakotas, Wisconsin and Michigan's Upper Peninsula have also been treated in Duluth.

"I think it's hard to tell people that aren't doing it every day exactly what it's like," Baird said. "We're starting to see a decline in ICU patients. Two or three weeks ago that was not the case. We were overflowing again. It's hard to describe to somebody what it's like."

As of Wednesday, there were 21 COVID patients hospitalized at St. Luke's, four of whom were in the ICU and one who was on a ventilator. The ICU, which is spread across two floors, has 25 beds.

Swanson said the vast majority of COVID patients with critical or deadly symptoms are unvaccinated.

"I think anybody can look at any research and see that the people that are dying in ICUs are unvaccinated, and that's just the pure, simple facts," she said. "So people should get vaccinated for themselves, their families and their community members. And I think this environment has made me feel really strongly about that."



St. Luke's Interim Critical Care Manager Brittney Kurhajetz, left, listens as staff nurse and educator Heather Swanson talks on Wednesday about nursing during a pandemic. "The people that are dying (from COVID-19) in ICUs are unvaccinated," Swanson said. "And that's just the pure, simple facts."



Photos by Jed Carlson / Superior Telegram

Britt Johnson laughs as she talks about the challenges of farming outside of the barn on her property outside of Moose Lake on Nov. 29.

# Minnesota farmer launches one-woman bean operation

By Melinda Lavine  
Duluth News Tribune

MOOSE LAKE, Minn. — Britt Johnson sorts a mound of shiny, white beans speckled with burgundy, as they lightly rattle against a metal screen. Bit by bit, she discards any that are chipped, discolored or shriveled.

"Oh I missed one. Farmer bean," Johnson says, grabbing the tiny legume with her thumb and forefinger.

Larger farms have technology that does this; Johnson does it by hand.

She's behind Polish Farmer, Moose Lake's one-woman heirloom dry-bean and produce operation. It's Johnson's second year on her 40 acres.

"COVID has shown that supply chains don't always work out. As a society, we're realizing we should stick close to home when it's something as important as our food," Johnson said.

You grow up thinking there's limited types of bean — pinto, kidney, black — but many have more flavor and a lot of characteristics that aren't sought after in large-scale agriculture because they don't hold well or they don't have as high of yield, Johnson said.

She chooses hers based on their natural beauty and flavor.

In Johnson's shop sat bags of Jacob's Cattle, a bean with lively maroon with white splotches; and Dalmation-like Calypso, with black and white spots.

Arikara, Marfax and Tiger's Eye are also among the 10 varieties Johnson grows. Some varieties she grows can be traced to Indigenous tribes in North America and South America. Farmers are fortunate to be able to grow these beans that other generations have taken the time to preserve, she said.

Johnson graduated from college with an elementary education degree. She then signed up to teach English abroad, and moved to Kazakhstan for six months.

"Everyone around me has a garden, everyone around was raising an animal for their meat, and I brought that home and started a garden in my mom's yard," she recalled.

She then began farming internships in southern Alaska and Wisconsin before eventually working at Food Farm and Stone's Throw Farm in Wrenshall, Minnesota. Originally from St. Paul, she lived in Duluth for five years before buying her Moose Lake farmstead.

Catherine Conover, co-owner of Stone's Throw, connected her community-supported agriculture members to Polish Farmer for beans.

Johnson has been working Conover's land for five years, and she is her only employee during the season. "The first few times she worked for me, I realized she was going to be faster than me at just about everything, and I was OK with that," Conover recalled. "She's a really dedicated hard-working person ...



Britt Johnson holds up a bag of Polish Farmer King of the Early beans in the shop on her property outside of Moose Lake on Nov. 29.

"The first few times she worked for me, I realized she was going to be faster than me at just about everything, and I was OK with that."

CATHERINE CONOVER,  
STONE'S THROW FARM

I'm super proud of her." Conover connected Mary Dragich to Johnson's farm.

Dragich of Duluth prefers to support local farmers; the practices are more sustainable and "I love keeping money in the community," supporting the folks doing the work, knowing who they are and how the food is grown, she said.

Dragich has grown beans in her own garden, and it was a trying task. The work you put in for 2 cups of beans is a lot, and it doesn't go very far. "To have 7 pounds of beans from Britt is 'wow,'" Dragich said, adding: "It's great we have this opportunity to buy a protein source from somebody down the road."

The name of her operation is an homage to her family's agricultural history.

Her mother's family emigrated from Poland to Minnesota in 1881. "A lot of people relate to farming in their history," she said.

Johnson's Moose Lake homestead is a former '70s small-scale dairy operation that saw more cattle and hay than vegetables.

She shares the shop with her partner, and there are bits of in-progress woodwork about, intended for the farmstead, along with beekeeper suits for their so-far single hive.

Her plots are surrounded by an electric fence, and she has plans to update her irrigation system.

Johnson has cultivated about an acre and a half, and plans to continue building up the soil.

Beans themselves are pretty light on the soil, she said. They fix their own nitrogen. They're not very heavy feeders, and they don't have to be fertilized much.

Bean farming is a bit different than farming veggies.

What seeds aren't saved from the previous year, Johnson gets from Iowa or Vermont. They're planted in June.

**MORE INFO**  
▶ [polishfarmer.com](http://polishfarmer.com)  
▶ [facebook.com/polishfarmermn](https://facebook.com/polishfarmermn)



Britt Johnson picks out broken and discolored Soldier beans in the shop on her property outside of Moose Lake on Monday afternoon, Nov. 29, 2021.

Come September when the plants are brown and a bit dried out, she can begin harvesting; they won't be ready to sell until October.

After pulling them out by hand, the bean plants dry for a couple of days in a pile. Johnson then throws bundle after bundle into her modified wood chipper, which threshes and separates the seeds.

She winnows the plants by putting them through a large screen and dropping them into buckets in front of a boxed fan for additional drying. Then the sorting, and more sorting, to remove the split, discolored beans to prepare them for market.

The drought didn't affect her crop as much as the wet September, which led to her covering and moving her beans inside and out to allow for ample dry time. "If I let them sit too long with moisture, they'll split in the wood chipper," she said.

Johnson harvested about 500 pounds this year.

"Farming is a personal challenge. Anything's possible, it's just a matter of how much energy and time you can put into it. Can you keep going for that other hour, even in that rainy, soggy, weather. What can keep you going and motivated."

"The end product is what does."



### DUSTIN

By Steve Kelly & Jeff Parker

FIRST, STAND WITH YOUR FEET AT SHOULDER WIDTH.

OKAY, THE WIDTH OF YOUR SHOULPERS... NOT SPIDER-MAN'S.

### WIZARD OF ID

By Brant Parker

OKAY, MEN, WE'VE GOT MULTIPLE CONFLICTS BREWING. LET'S GET DOWN TO BUSINESS

\*SIGH... FINE

OKAY, MEN, WE'VE GOT MULTIPLE CONFLICTS BREWING. LET'S GET DOWN TO BUSINESS

### OVER THE HEDGE

By Michael Fry & T Lewis

ARE BABY JESUS AND SANTA FRIENDS?

SORT OF, NOT REALLY...

...FOR HUMANS, ONE IS A SECULAR SYMBOL OF CHRISTMAS, WHILE ONE IS RELIGIOUS. WHICH IS WHICH?

YOU KNOW, YOU ASK A LOT OF DIFFICULT QUESTIONS.

### DILBERT

By Scott Adams

YOU SAY YOU LEARNED TO CODE AT THE "PRESTIGIOUS UNIVERSITY OF ELBONIA."

I'VE NEVER HEARD OF THAT "PRESTIGIOUS" SCHOOL. SO EITHER YOU ARE LYING, OR I'M AN IDIOT.

I'M HOPING IT'S BOTH.

### BLONDIE

By Dean Young & John Marshall

I GOT YOU THIS NEW GPS-ACTIVATED MISTLETOE PHONE APP.

CAN YOU SHOW ME HOW IT WORKS?

Beep... in six feet, you will arrive at your destination.

WOW! THIS IS MY KIND OF PHONE APP!

### BEETLE BAILEY

by Mort, Greg & Brian Walker

BEETLE! I'VE BEEN LOOKING FOR YOU ALL DAY!

THAT'S GOOD TO HEAR!

WHY?

IT GIVES ME A SENSE OF ACCOMPLISHMENT

### HAGAR THE HORRIBLE

By Dik Browne

PRETTY SURE OF YOURSELF, EH?

### PEANUTS

By Charles Schulz

DUCK, BIG BROTHER! HERE COMES ANOTHER DAY!!

### GARFIELD

By Jim Davis

SOON IT WILL BE CHRISTMAS

"SOON?"

HOW SOON? IS IT NOW?

I CAN'T HURRY IT UP

...NOW?

### It's written in the stars

**ARIES** (March 21-April 19): Strengthen your resolve because flexing your muscles might not get you anywhere. Retreating from battles might be the wisest move. This is probably not the time to be bold and audacious or to begin anything extra.

**TAURUS** (April 20-May 20): Accentuate the positive and enjoy being the center of attention. There might be mistakes that people are eager to point out, but you can learn from them. Loved ones are likely to be more loving than usual.

**GEMINI** (May 21-June 20): Using the soft sell approach is great idea unless someone is in a huge hurry. Then you must be sensitive to their wants and needs. Someone might appear to abuse their authority by making demands despite your helpfulness.

**CANCER** (June 21-July 22): All the facts you memorized in school may be of little use when you are trying to fit into a group. Your day should be much more pleasant if you offer compliments and give someone a well-deserved pat on the back.

**LEO** (July 23-Aug. 22): Being conscious of your effect on other people can be good for your psyche. Remain open-minded and receptive to ideas, even if they are not useful now. You may work better in a quiet place or with fewer disturbances.

**VIRGO** (Aug. 23-Sept. 22): Don't be sidetracked by occasional miscommunications or misunderstandings. Someone in the workplace may be a slacker or throw their weight around but you can counteract it by not playing the game.

**LIBRA** (Sept. 23-Oct. 22): Turn the other cheek. Someone close could be aggravating or full of complaints. Your home could be the center of social activities and family members can provide a sense of comfort and reassurance when needed.

**SCORPIO** (Oct. 23-Nov. 21): Don't make mountains out of molehills. Depending upon your perspective a situation can appear either serious or unimportant. A family member may cause stress if you must go out of your way to accommodate their schedule.

**SAGITTARIUS** (Nov. 22-Dec. 21): It may be important to you to be seen as popular and positive. You may seem bashful when you merely wish to get along with everyone. Take the time necessary to show that you have thought through an issue.

**CAPRICORN** (Dec. 22-Jan. 19): You may enjoy the challenge of research and investigation. Your attractive qualities may be more noticeable to loved ones. By making an issue out of something insignificant a financial matter can become contentious.

**AQUARIUS** (Jan. 20-Feb. 18): Check in with your budget and financial boundaries. It may not make sense to dig into your savings to be generous, but then need to cut corners to make up for the loss. Your patience and kindness may be tested.

**PISCES** (Feb. 19-March 20): Your desire to tackle practical matters may be at low tide. You might be more interested in posing as a social butterfly. Keep your money out of circulation and avoid signing contracts or agreements which could be confusing.

**IF DECEMBER 6 IS YOUR BIRTHDAY:** You may be saddled by serious obligations as the holidays approach, but you should be able to handle them and pass any tests with flying colors. Your ambitions might be on the rise but wait until January when you may have fewer constraints to put plans into action. During the last half of January your judgment could be better so put your most important plans into motion and they can work out for the best. If an opportunity of any kind is offered in late February, you should likely accept it as it can lead to advancement or future prosperity. April and early May can be a good time to make key changes but is likely not a good time for sensible financial decisions. This is an excellent time to engage in creative endeavors or take a romantic vacation, but you may not have your feet firmly planted on the ground when it comes to money making strategies and ventures.

### CROSSWORD

By THOMAS JOSEPH

**ACROSS**

35 Prof protector

37 "— La Douce"

38 Afternoon break

39 Serengeti cat

40 Cornered

41 Dispatch

**DOWN**

1 Fissure

2 Soup server

3 Shark's home

4 Octopus arm

5 Shrewd

6 Sharpens

7 Fish feature

8 Chronologically ambiguous

9 Dancer's garment

12 Memorably concise

16 Burden

21 Vine parts

22 Ranges

23 "Great ideal!"

24 Student

25 Zesty flavor

27 Decapitate

29 Rich cake

30 Like Poe tales

31 Catcher

32 Get to one's feet

36 Purpose

### Saturday's answer

1 2 3 4 5 6 7 8 9  
10 11 12  
13 14  
15 16 17  
18 19  
20 21  
22 23 24 25  
26 27  
28 29 30 31 32  
33 34  
35 36 37  
38 39  
40 41

### Contract Bridge

#### Famous Hand

East dealer. Neither side vulnerable.

**NORTH**  
♠ K 10  
♥ Q 10 6 5 4 3  
♦ A K 6  
♣ 8 6

**WEST**  
♠ 6 3 2  
♥ 8 7  
♦ 9 8  
♣ K 10 9 7 3 2

**EAST**  
♠ A J 5 4  
♥ A K J 9 2  
♦ Q 10 3 2  
♣ —

**SOUTH**  
♠ Q 9 8 7  
♥ —  
♦ J 7 5 4  
♣ A Q J 5 4

The bidding:  
East South West North  
2♣ 3♣ Dble Pass  
Pass Pass

Opening lead — nine of diamonds.

The scene was the annual European team championship, played in Amsterdam in 1955. The hand showed occurred when Norway met the Italian team. East-West were Mario Franco and Michele Giovine of Italy. They were playing the highly artificial Marmic system, and Franco's two-club opening showed a three-suited hand of 5-4-4-0 or 4-4-4-1 distribution.

The Norwegian South, correctly or not, decided to overcall with three clubs in hopes of stealing bidding space from his opponents before they could locate their best

### SUDOKU

DIFFICULTY RATING: ★☆☆☆☆

			8	6	5			2
6	3		4		2	5		9
5		2	9			6		
3	5	6	8					9
		8	2		9	3		
	4			5	7	1		8
		6			8	4		3
8	4	1		6			7	5
7			5	9	4			

PREVIOUS SOLUTION

9	1	6	3	2	4	8	7	5
3	4	8	1	5	7	6	2	9
7	2	5	6	9	8	1	3	4
6	8	7	5	4	3	2	9	1
5	9	1	8	6	2	7	4	3
2	3	4	7	1	9	5	8	6
4	5	9	2	8	1	3	6	7
1	7	2	4	3	6	9	5	8
8	6	3	9	7	5	4	1	2

HOW TO PLAY: Each row, column and set of 3-by-3 boxes must contain the numbers 1 through 9 without repetition.

### Find Friday's Sudoku answers in Sunday's TV Week

### FAMILY CIRCUS

By Bil Keane

"I didn't spill the cereal — the milk did it!"

### THE LOCKHORNS

By Bunny Hoest & John Reiner

"I HEAR HE'S ALREADY NAMED HIS SUCCESSOR... HE CALLS HIM 'JUNIOR.'"

### SUDOKU

DIFFICULTY RATING: ★☆☆☆☆

			8	6	5			2
6	3		4		2	5		9
5		2	9			6		
3	5	6	8					9
		8	2		9	3		
	4			5	7	1		8
		6			8	4		3
8	4	1		6			7	5
7			5	9	4			

PREVIOUS SOLUTION

9	1	6	3	2	4	8	7	5
3	4	8	1	5	7	6	2	9
7	2	5	6	9	8	1	3	4
6	8	7	5	4	3	2	9	1
5	9	1	8	6	2	7	4	3
2	3	4	7	1	9	5	8	6
4	5	9	2	8	1	3	6	7
1	7	2	4	3	6	9	5	8
8	6	3	9	7	5	4	1	2

HOW TO PLAY: Each row, column and set of 3-by-3 boxes must contain the numbers 1 through 9 without repetition.



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**Lotteries**  
**Daily 3:** 9-2-9  
**Northstar Cash:** 1-2-3-15-26  
**Powerball:** 10-40-45-56-67  
**Powerball:** 2  
**Jackpot:** \$278 million  
**Next drawing:** Monday  
**Lotto America:** 8-23-26-34-50  
**Star ball:** 7  
**Next drawing:** Wednesday

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Obituaries voicemail will be checked prior to the deadline.  
\*Deadline 3 p.m. the day before for publication in Wednesday and Sunday print editions; 5 p.m. the day before for publication in e-editions.

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All obituaries are paid advertisements. The charge for obituaries is \$15.75 per column inch and will print in the Brainerd Dispatch and also be posted on the Brainerd Dispatch website. The minimum charge for any obituary is \$78.75. Only photos of the deceased are allowed in an obituary. Obituaries must be prepaid. Obituaries can run an additional time at 50 percent off (within a seven-day period).

### Morrison County crash injures Little Falls man

**RANDALL** — A 34-year-old Little Falls man suffered injury Tuesday, Nov. 30, after a truck struck the van he drove while crossing Highway 10 in Morrison County.

The Minnesota State Patrol responded to the crash at 7:55 a.m. in Randall.

According to the report, a 2006 Chevrolet van was traveling east and attempted crossing Highway 10 onto east-bound Highway 115. A 2019 Honda truck was northbound on Highway 10, striking the 2006 Chevrolet van.

The driver of the van, Adam Jonathon Janey, suffered non-life-threatening

injuries and was transported to CHI-St. Gabriel's Hospital in Little Falls. Pickup driver Ryan Matthew Holter, 41, of Sartell suffered no injuries.

The state patrol reported Holter wore a seat belt. Janey did not, according to the crash report. The road condition was snowy and icy at the time of the crash.

### Injured St. Stephen man abandoned by driver

**LASTRUP** — A 54-year-old St. Stephen man was injured Friday, Dec. 3, when the vehicle he was riding in drove into the ditch on Highway 27 in Morrison County.

The Minnesota State Patrol responded to the crash at 7:55 a.m. near Lastrup.

### CRASH BRIEFS

According to the report, a 2005 GMC Yukon was westbound on Highway 27 when it crossed the eastbound lanes and entered the south ditch. The Yukon then vaulted over a driveway approach, landing hard on the other side of the driveway.

The Yukon was then abandoned by the driver with an injured passenger remaining in the vehicle.

The passenger, Dean Arnold Gangl, was transported to CHI-St. Gabriel's Hospital in Little Falls and later to St. Cloud Hospital with injuries.

The state patrol reported Gangl was not wearing a seat belt. The road condition was wet at the time.

Assisting at the scene

was the Morrison County Sheriff's Office.

### Head-on collision on Hwy 371 injures 3

Three people suffered injuries in a head-on collision Saturday, Dec. 4, in Shingobee Township.

The Minnesota State Patrol reported 35-year-old Celeste Jean Davis, city unknown, was northbound on Highway 371 in her 2005 GMC Yukon at 4:53 a.m. Saturday when the vehicle crossed the centerline near Fox Haven Drive. The Yukon collided with a southbound Kia Forte, driven by 21-year-old Elliott Eugene Davis of LaPorte. Elliott Davis suffered non-life-threatening injuries, while his passenger, 57-year-

old Allen Lee Davis of Laporte, suffered life-threatening injuries. Both occupants of the Kia were wearing seat belts, according to the state patrol, and were transported to Sanford Medical Center in Fargo.

Celeste Davis, who the state patrol reported was not wearing a seat belt, was transported to Sanford Bemidji Medical Center for non-life-threatening injuries.

Roads were dry at the time of the crash, and alcohol was a factor on the part of Celeste Davis, according to the state patrol.

The Cass County Sheriff's Office, North Memorial Health Ambulance and North Memorial Health AirCare assisted at the scene.

### POLICE BLOTTER

#### Brainerd police

**ARRESTS** — A 35-year-old woman was arrested at 12:41 a.m. Thursday, Dec. 2, for driving on a revoked license, gross misdemeanor possession of a controlled substance, misdemeanor possession of a hypodermic needle and petty misdemeanor possession of drug paraphernalia on the 2000 block of Southeast 13th Street.

A 45-year-old man was arrested at 9:46 p.m. Wednesday for multiple Crow Wing County warrants, felony possession of methamphetamine, fleeing a peace officer and operating a bicycle without proper lighting at night at Oak Street and Holton Avenue. As of Friday afternoon, the man was in custody in the Crow Wing County Jail.

A 34-year-old man was arrested at 1:14 p.m. Wednesday for felony possession of marijuana on the 3300 block of Oak Street. As of Friday afternoon, the man was in custody in the Crow Wing County Jail.

Two juveniles were arrested at 9:50 a.m. Wednesday for gross misdemeanor property damage and misdemeanor tampering with a fire alarm system on the 100 block of North First Street.

A 32-year-old man was arrested at 12:34 a.m. Wednesday for a warrant and driving on a revoked license on the 700 block of Laurel Street.

#### Little Falls police

**ARRESTS** — A 37-year-old woman was arrested at 1:50 p.m. Nov. 29 on the 700 block of Buck Lane.

A 60-year-old man was arrested at 8:28 p.m. Nov. 27 for fleeing on foot on the 800 block of Third Street Southeast.

A 33-year-old man was arrested at 8:40 a.m. Nov. 25 on the 300 block of 11th Street Southeast.

**THEFTS** — Report of a theft Tuesday, Nov. 30, on the 1200 block of Broadway West.

Report of a theft Nov. 29 on the 100 block of Kidder Street.

Report of a stolen chain saw Nov. 26 on the 100 block of Eighth Street Northeast.

Report of a theft Nov. 26 on the 100 block of Fourth Street Northeast.

Report of a theft Nov. 26 on the 500 block of Seventh Street Southwest.

— **Compiled by TIM SPEIER, staff writer, who can be reached on Twitter @timmy2hyme, call 218-855-5859 or email tim.speier@brainerddispatch.com.**

## Obituary for North Dakota transgender woman prompts worldwide response

**Editor's note:** If you or someone you know is in crisis, contact the National Suicide Prevention Lifeline at 1-800-273-8255. To access additional resources for LGBTQ youth, go to [thetrevorproject.org](http://thetrevorproject.org).

**By C.S. Hagen**  
The Forum

**BEACH, N.D.** — A heart-wrenching obituary for a 19-year-old transgender woman who ended her own life in November has been soliciting support from across the world.

Haley Gabriella Feldmann was born on Nov. 18, 2002. Six days shy of her 20th birthday, she died by suicide, according to her obituary.

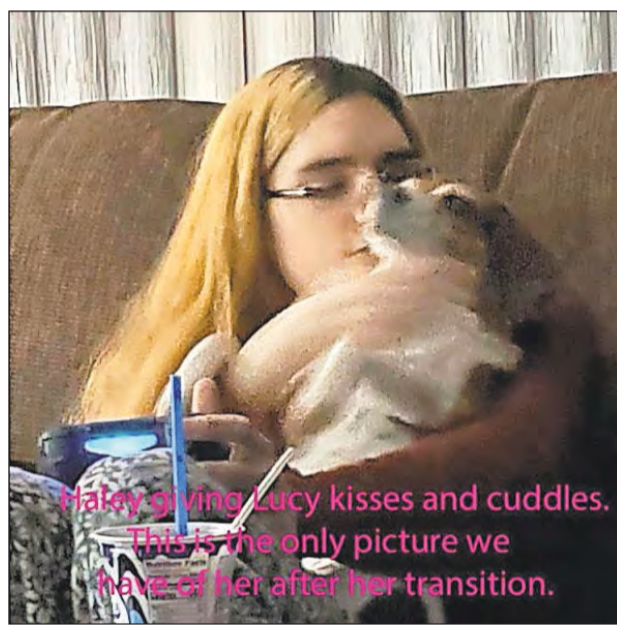
The North Dakota woman's story, based on her obituary, has been picked up by magazines such as the Los Angeles Blade, south California's LGBTQ news source, and on the tribute page of Silha Funeral Homes. People from across the world are expressing their support and sorrow.

Tara Kula, office manager of Silha Funeral Home in Beach, North Dakota, said on behalf of the family she has been posting the obituary notice on Facebook, Twitter and other social media platforms.

"I guess we didn't realize how far-reaching her obituary would be. We got a call from the Daily Beast, we've received calls from England, Scotland, and elsewhere. Hers is a very poignant story and obituary, and she really was a beautiful person. My heart breaks for them," Kula said.

One woman from Australia posted to Feldmann's tribute wall.

"I am a stranger to you all, from the other side of the planet. But you have my deepest condolences and abundant love on the terrible loss of your daughter. This world can be a hurtful and harmful place to those who wish to show and express



**Contributed photo / Silha Funeral Homes**

The only photo the Feldmann family has of Haley Gabriella Feldmann after her transition.

their real self and live it," the post read. It was signed, "With love, Deborah Kimlin (Australia)."

This year has been called the "deadliest year ever for transgender and gender non-conforming people," according to the Los Angeles Blade. A total of 47 trans people, mostly of color, lost their lives violently in America. Legislative anti-transgender efforts have also prompted numerous youth to consider suicide, according to the Trevor Project, a national toll free suicide prevention service for LGBTQ youth.

More than 52% of transgender and non-binary youth seriously considered suicide in the past year, and one out of five attempted suicide primarily because of recent politics negatively impacting mental health, according to a 2021 National Survey on LGBTQ Youth Mental Health report by the Trevor Project.

Feldmann was born a boy, and "so we gave her a boy name, now a dead name," the obituary stated.

"We gave her boy clothes, boy toys, boy things. We didn't know she was our daughter and so we called her son and brother. Haley spent the first several years of

her life content, within and without. She knew nothing of judgment or ridicule. She knew nothing but the love of her family, which she gave back in abundance," the obituary stated.

As an adolescent, however, she became silent and distant, the obituary stated. "She built formidable walls that became impossible to breach, and she stubbornly refused to grant us passage. She had begun to grow afraid of the world as she began to understand herself and who she was, and the reality of her situation became apparent," the obituary stated.

"The more she learned of how the world would judge her for not being who it thought she should be, the more she withdrew," the obituary continued.

An atheist, because she could not believe in a religion that taught condemnation, she was also "a child of God, made perfectly in his image, her body only a vessel for the beautiful soul he created," the obituary said.

She "lived comfortably" on Discord, an online chatting site.

"Her soul was radiant there, unhindered by its physical representation here, which had become

a prison, freeing her to breathe and be," the obituary stated.

Feldmann adored her dog Lucy, her "best friend... who loved and adored her in equal measure," the obituary stated.

"She created her own language with a full alphabet and rules, spending years revising and perfecting it, and, in typical Haley fashion, did not leave a key," the obituary stated.

Feldmann dropped out of school, but then graduated high school before her peers after she taught herself history, geography and politics, according to her obituary.

"She had grown weary of the knowledge of her reality, knowing this country and this world would never stop trying to force her to submit to its ignorance, and her family rages for her. We would've burned the whole world down if we'd thought it would keep her safe, and our fury and outrage is eclipsed only by our grief. We struggle against the currents that try to carry us away from love, for those currents only take us further from her. And she is far enough, already," the obituary stated.

Feldmann leaves behind a family who say they are "inconsolable in the loss of her brilliance, consumed by a grief that has buried us in moments of silence, rage and sorrow, a void that will never be filled."

No formal services will be held, as per Feldmann's wishes.

The obituary closed with a message of kindness: "In lieu of thoughts and prayers, her family asks that you be kind to the living and generous with what you have, be it your love, hope, or wealth. Do better unto others as you would have done to you, and reach back to those in need, lift them up, raise them higher, and love, love, love thy neighbor."

## Sturgis man arrested in connection with Capitol riot

**By Christopher Vondracek**  
Brainerd Dispatch

**RAPID CITY, S.D.** — A South Dakota man accused of assaulting a police officer during the Jan. 6 riot at the U.S. Capitol made his first appearance in a federal court Wednesday, Dec. 1.

A law officer's affidavit filed in U.S. District Court of D.C. says images captured from the Jan. 6 insurrection at the U.S. Capitol show

James Haffner, 53, of Sturgis, South Dakota, spraying a Capitol police officer with an aerosol canister. Court documents say Haffner — wearing a red pro-President Trump baseball cap — illegally entered the U.S. Capitol grounds and ran over toppled barracks.

Haffner, who was living in Seattle at the time of the riot, made an initial appearance before magistrate Judge Dane-

ta Wollmann Wednesday at the federal courthouse in Rapid City.

The case files were unsealed on Friday, Dec. 3, and first reported by South Dakota Public Broadcasting. If the case moves forward, Haffner's prosecution will be transferred to Washington, D.C.

Haffner is charged with four federal offenses, including assaulting a federal officer and unlawful entry of a

restricted building. He is the first South Dakota resident to be charged in the Capitol riots.

A federal agent said an anonymous tipster flagged the FBI about Haffner on Jan. 8 after the man posted about the attacks on a Facebook account linked to his name.

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



## OTHER OPINION

## Count us among those who want the 'status quo' to continue with high school sports officiating

A case in Minnesota had the potential to create a change in high school sports that would have reverberated across athletics, reducing the ability of game officials to do their job and possibly even someday overturning game outcomes.

It started when Sam Backer, of Chatfield, Minn., was flagged for his second unsportsmanlike conduct in a semifinal playoff game against Barnesville late last month. It meant Backer – Chatfield High's star quarterback – would not be allowed to play in the next game.

According to state rules, a second unsportsmanlike penalty in one game means the player is disqualified from that game, as well as the next.

The next game? The state championship at U.S. Bank Stadium in downtown Minneapolis.

Backer's family took the case to court, hoping a judge would allow him to play. The Minnesota State High School League responded, arguing the court should deny the request for a temporary restraining order as the lawsuit "seeks to have the judiciary rewrite MSHSL bylaws to require the MSHSL to allow students, parents, and/or coaches to challenge, in court, the on-the-field discretionary decisions of contest officials." The MSHSL also said there is no "constitutionally protected property or liberty interest in participating" in an extracurricular competition.

On Friday, hours before kickoff, U.S. District Judge Ann D. Montgomery ruled the suspension should stand.

"S.B.'s ejection and one-game suspension still allows him to remain on the football team, engage in school activities, and participate in all interscholastic athletics except the next scheduled game in the tournament series," Montgomery determined. "Even if S.B. could show a constitutionally protected property interest, he was afforded adequate process based on the demands of the situation."

Montgomery said granting a restraining order and allowing Backer to play "would change, rather than preserve, the status quo."

Count us among those who prefer the status quo. Overturning the decision would invite more athletes, families, coaches and others to take in-game decisions to the courts, eroding the ability of referees to properly and adequately officiate games.

In Minnesota, officials must pass an exam before they are certified. Referees who wish to work in the postseason must attend regular clinics, according to the MSHSL website.

High school officials and coaches already have plenty on their plates as they try to maneuver the minefield that prep sports has become. Referees are hard to come by; they don't need the fear of the courts interfering with their work, too.

The lawsuit claimed the suspension was denying Backer the right to an education. We disagree.

This headline-grabbing suspension can be an education for all athletes, reminding them of the importance of sportsmanship and also that a referee's decision – however controversial – must be considered final and sacred.

— Grand Forks Herald

## THIS WAS BRAINERD

## DECEMBER 6

## 20 years ago (2001)

Brainerd Medical Center employees rejected forming a union by a margin of more than 3-to-1 in a vote yesterday. The count was 127 against and 37 in favor, with a number of contested ballots not counted because of the large margin. Both sides – union and management – expressed surprise at the wide margin.

## 30 years ago (1991)

"They're going to make a young guy go gray," joked Warrior boys' hockey coach Pat Forte after the second come-from-behind win in three days. In his coaching debut against Park Center, Brainerd came from down 1-0 to score three in the third for a 3-2 win. Yesterday, against Fergus Falls, they were down 4-1, but rallied to win 5-4 in OT.

## 40 years ago (1981)

The parents of a young girl injured in an FFA initiation are suing the school district and two FFA advisors for \$200,000. This is the latest in a string of 14 suits filed against the district since 1979. The suit claims the girl suffered permanent injuries to her legs and knees. The string of suits has prompted a thorough review of district policies.

## 60 years ago (1961)

The fluoridation issue brought a record number of voters to the polls and defeated the idea of putting the chemical in Brainerd's water by a 2-1 margin, with 2,846 opposed and 1,427 in favor. The turnout of 4,290 voters broke the previous record for a city election, set in 1939, by almost 1,000 votes.

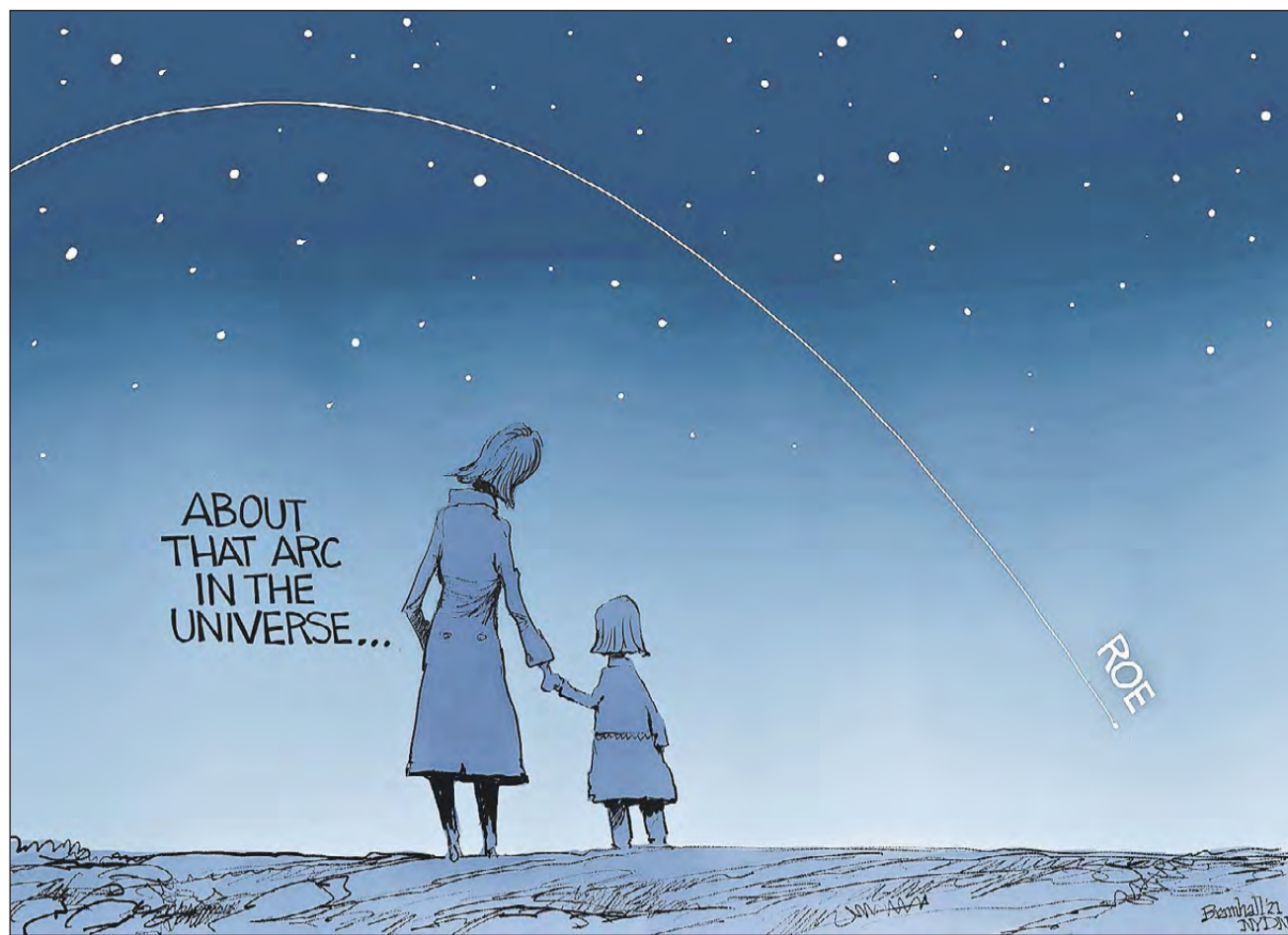
## 80 years ago (1941)

Three men from the county have been named as land appraisers to decide the value of land being condemned for construction of a four-lane road from Brainerd to Nisswa. The new road will be parallel to the current Hwy 371 in places, while it will be blocks away at other points. The north and south-bound lanes will be separated by 45 feet.

## 100 years ago (1921)

R.K. Doc, of Duluth, the naturalization examiner who has appeared in court in Brainerd, returned this afternoon from Walker where he examined a class of 14 in district court before Judge Wright. All 14 were granted their citizenship papers. All in the class were very bright and court attendees commented on their prompt responses.

—Compiled by Terry McCollough—



## GUEST OPINION

## Americans need a better Constitution. Trying to create one would be a mistake

By Lawrence Goldstone  
The Fulcrum

Much like an only child of parents in a divorce proceeding, the U.S. Constitution has been clutched at by both sides of the ideological divide, each of which insists that its claim is the more legitimate and the other's distorts reality. The right is certain the Constitution protects "religious liberty," "individual freedom" and the ability to own any variety of weaponry, while the left asserts that the document protects the right of women to have an abortion and ensures all Americans are allowed to vote, thereby preserving the Framers' goal of majority rule.

Both sides are wrong.

The main issue is that neither the left nor the right understands what the delegates to the Constitutional Convention were trying to achieve in the summer of 1787 and the compromises and realpolitik necessary to leave Philadelphia with any product at all. The primary misconception is that the Framers were there to ensure "liberty," be it personal, political or religious. Americans already had liberty under the Articles of Confederation — a good deal more liberty, in fact, than they would be granted under a new Constitution. Citizens of each state in this compact of "friendship" had almost total control over their own destiny, including defining a judiciary, legislature, executive and constabulary, as well as establishing a monetary system, rules for voting eligibility and bills of rights. Participation in the central government was just short of voluntary.

What the nation under the Articles lacked was an effective means of common defense, the ability to raise money, and the consistency of laws necessary to promote trade and commerce. In order to acquire these and create a functional nation, Americans needed to be willing to sacrifice individual liberty rather than gain it. The key question was how much and in what areas.

There were facets of "liberty" that could not be threatened — slavery in the South and the free flow of commerce in the North — and the delegates spent four contentious months trying to devise a plan for an effective central government that could also protect those interests. There were intense debates over what powers would be granted to a national legislature, and even fiercer disagreement on the executive, where it took almost 140 votes to settle on a single president who would serve for four years.

Small states feared a strong central government would ride roughshod over the liberties they enjoyed under the Articles, so their interests were protected with a two-senator plan and the Electoral College. Voting eligibility was not addressed, left for the states to decide as they pleased. Potential deal-breakers were avoided. In addition to dancing past the slavery question, aware of widespread objections to a federal judiciary, the delegates kept Article III short and vague, failing even to mandate the number of justices who would sit on the Supreme Court.

In the end, the delegates achieved what they had most sought: a national government far stronger than had existed under the Articles, a means for national defense, and some consistency in the manner in which states could conduct their affairs. But the price was high. Slavery was protected, functionality was limited and minority rule assured. It is no wonder then that the Constitution is inadequate to meet current challenges — it was inadequate to meet the challenges of 1787, which explains why a Civil War became necessary to resolve fundamental issues 75 years later.

Given its shortcomings, it would seem that Americans should attempt to redraft a more effective document, one in which areas of contention would be specifically addressed. For example, does the right to

vote guarantee that the ability to vote be made equal for all citizens? Does the right to bear arms exist without regard to the requirement that a militia be present? Does the protection against illegal search and seizure protect a woman's right to abort an unwanted fetus ("my body, my choice")? Do religious beliefs allow some citizens to deny others services or legal protections? These and other issues are addressed either obliquely or not at all in our current Constitution, and the United States has been torn asunder as a result.

The problem is that the very contentiousness that has wrenched American society apart would become the focus of any new constitutional convention. In addition, how delegates would be selected for such a convention and whether states would be represented based on population or as separate entities and how many votes each would be granted to decide on specifics might scuttle any plan for a new constitution before it got off the ground.

Even assuming some formula for empaneling a convention could be found, how could a nation that has lived under minority rule for virtually all of its existence expect that ruling minority to voluntarily cede power? It is far more likely that any new plan would be far less effective at establishing majority rule than what we are living with today.

In the end, the very flaws that make the Constitution unworkable would render any attempt to update it unworkable as well. And so, if a new version is not a reasonable option, Americans will need to find a means to use the existing document to solve the very deep problems that currently plague the nation.

It will not be easy.

Lawrence Goldstone is a writer whose most recent book is "On Account of Race: The Supreme Court, White Supremacy, and the Ravaging of African American Voting Rights."

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## WHAT DO YOU THINK?

Write us a letter or send us an email

The Brainerd Dispatch welcomes letters on recent articles and current issues. Letters should include the writer's full name, city and a phone number (for verification only). Letters are limited to 300 words. Only one letter per person per week.

Letters airing a personal complaint with a private enterprise will not be considered. Letters containing personal attacks will not be considered. Letters endorsing candidates will be limited to 150 words. Send letters to Reader Opinion, Brainerd Dispatch, P.O. Box 974 Brainerd, Minn., 56401 or email them to [readeropinion@brainerddispatch.com](mailto:readeropinion@brainerddispatch.com).



# Hot-and-cold boyfriend drops all communication

**DEAR ABBY:** I was in a relationship (nine months) up until about a month ago. Without going into a lot of detail, the guy I was seeing ghosted me without any warning. We had a great conversation on a Thursday night, and Friday morning he blocked my calls, email, etc. I have no idea what happened.

The night before, I accidentally FaceTimed him (my phone was in my pocket), and his son answered. I thought he had called me, but apparently, I called him. Keep in mind I had never met his son the entire time we were together. This isn't the first time he has stopped speaking to me for reasons only he knows, but this is the first time he has gone this far.



**JEANNE PHILLIPS**  
Dear Abby

I'm trying to move past it, but I'm having a hard time. Even though we dated for only nine months, I talked to him about everything, and we had such great times together. I want to understand why he did what he did to get some closure, but I don't know what to do. Do I need to just let this go? — GHOSTED AGAIN IN ALABAMA

**DEAR GHOSTED AGAIN:** Your ex may have been upset because, until your FaceTime call, his son didn't

know he was seeing anyone. I'm not a mind reader, and neither are you. You stated that this isn't the first time he has clammed up and given you the silent treatment. A relationship based on such immaturity and poor communication skills would not be healthy for you anyway. Stanch your bleeding and move on. You have my sympathy.

**DEAR ABBY:** My mother, who is 85, lives under the domination of my 88-year-old father. After retirement, Dad has remained active and has taken up hobbies that fill the entire house. Mom was an award-winning photographer, but medical issues now prevent her from enjoying that activity the way she used to. She has always enjoyed music

and had a keyboard she felt comfortable playing, but only when Dad was away. My father tends to be very critical, which is why I think she would only play in private.

Recently, thinking Mom no longer used it, my dad donated her keyboard. He said it was taking up space. Mom recently confided to me that she was devastated when it happened. I would like to purchase another keyboard for Mom for her birthday, but I don't want her to feel betrayed. I'm not sure if I should talk with Dad about it beforehand. He is sure to ask Mom why she wasn't more vocal about her feelings in the first place, thus putting her in an uncomfortable position. Do you have any suggestions?

— LOVING DAUGHTER IN WASHINGTON

**DEAR DAUGHTER:** Have a chat with dear old Dad. Tell him what you plan to do and why. If he expresses puzzlement about why you're doing it, point out that between the two of them his is the dominant personality, which may be why your mother didn't speak up on her own behalf. While you're at it, suggest that the next time he has the urge to dispose of your mother's property, he should first ask how she feels about it. It may be a wake-up call he needs.

**DEAR ABBY** is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Contact Dear Abby at [www.DearAbby.com](http://www.DearAbby.com) or P.O. Box 69440, Los Angeles, CA 90069.

# Survey says: Minnesota family wins on 'Family Feud'

By Erich Fisher  
Post Bulletin

BYRON, Minn. — A Minnesota family had the ultimate bonding experience when they appeared on the popular game show "Family Feud" this year.

Fans of the show, the Krings family of Byron, Minnesota, decided on Christmas Eve 2019 to submit an audition tape. The pandemic intervened and they didn't hear back for more than year. Finally, the Krings — mom Julie and her four kids — got word in April that they'd made it. They were flown to Atlanta and taped their episode on May 26. The episode aired on Nov. 4.

"I just kind of felt like this was just so cool," said Julie Krings. "We've played this game since they were little, and now we're adults. It's really hard to describe with just the amount of excitement you have and the enthusiasm... It was just kind of being a team that was really fun and watching your kids answer and know that they'll take this experience with them forever. It just made me so happy for them."

"Family Feud" was a popular game in the Krings household. Julie's husband, Brian, would dress up as host Steve Harvey and the family would compete against each other.

The idea of being on the show was always in the air, but it didn't take root until Christmas Eve 2019 when one of the sons said that if they were ever going to audition, it needed to be now because the family was starting to spread out.

"And so that night, we just said we're doing it," Julie said.

Julie said the family "just kept it real" on the audition tape.

"We didn't try to impress anybody or try to pretend to be somebody we're not," she said. "We just sat around the table and

introduced ourselves and we came up with a song. We did a real dorky little song with all of us sitting around and watching 'Family Feud' and it was a lot of fun."

Of course, the kicker may have been that Brian had on his Steve Harvey mustache.

But more than a year passed without any word from the show. Finally, in February 2021, Julie got an email from the casting production team saying they wanted to interview them.

"I could hardly believe it," Julie said.

The family did a run-through of the show in a Zoom interview with the casting production team. And again, time was ticking by.

In April, the Krings got the call they'd been hoping for and in May the show paid for airfare, hotel and expenses for the taping in Atlanta. The Krings family lineup was Julie and her four kids: Tyler, Kyle, Allie and Mark. Brian chose to be their coach.

Going from the couch to the live set was surreal, Julie said.

And meeting the congenial Steve Harvey was just as "crazy," she added.

"I honestly can just remember thinking, 'Oh my gosh, here comes Steve Harvey,'" Julie said.

Julie said when the lights and cameras turned on, however, her family was ready to play.

Their composure showed as the Krings walked away with \$980, just a few points shy of the top prize of \$20,000.

Still, "we honestly didn't care if we won or not. We just wanted to make memories," Julie said.

The episode aired on Nov. 4, but prior commitments kept them from having a watch party that night.

A recording of the show will be part of the family's Christmas together.



Snow falls on Laurel Street on Sunday in downtown Brainerd. The city saw about 5 inches of snow by Sunday morning, with more expected to accumulate overnight.

## SNOW

From Page 1

in the prior week. Monday's high is projected at 5 degrees, with a low of 3 below zero that could feel much colder with the wind chill factor. Typical temperatures around this time of year, Britt said, are highs around 30 and lows around 13.

Temperatures are expected to warm up as the week goes on, rising above freezing on Thursday. Another chance of snow is expected Friday.

Even with higher temperatures coming toward the end of the week, Britt said he doesn't see all of the recently accumulated snow melting away before Dec. 25, meaning the lakes area is on track



Snow falls on a wreath along Laurel Street on Sunday in downtown Brainerd.

to have a white Christmas.

### Upcoming forecast

**Monday night:** Mostly cloudy with a low around 3 below zero. West wind around 5 mph, with gusts as high as 15 mph.

**Tuesday:** Mostly sunny with a high near 18. Southwest wind

around 5 mph.

**Tuesday night:** Mostly cloudy with a low around 4 and calm wind.

**Wednesday:** Partly sunny with a high near 26. Light southeast wind increasing to 5-10 mph in the morning, with gusts as high as 15 mph.

**Wednesday night:**

Mostly cloudy with a low around 18. Breezy, with a south wind of 10-15 mph and gusts up to 20 mph.

**Thursday:** Partly sunny with a high near 37. South wind around 10 mph becoming west in the afternoon. Wind gusts as high as 20 mph.

**Thursday night:** Mostly cloudy with a low around 18. West wind around 5 mph, with gusts as high as 15 mph.

**Friday:** A chance of snow. Mostly cloudy with a high near 31. West wind around 5 mph.

**Friday night:** A slight chance of snow. Mostly cloudy with a low around 11. Northwest wind around 5 mph.

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## SHELTER

From Page 1

interview Sunday, Dec. 5.

Brainerd-based nonprofit Bridges of Hope partnered with Crow Wing County, area churches and other local organizations to open the shelter in south Brainerd. After petitioning the city to update its zoning guidelines to allow for the shelter, applying for a permit, training staff and updating the building, organizers opened the shelter's doors Friday.

"What's hard is a lot of professional entities are gone for the week-end already by that time," she said, noting she sent emails to medical facilities, law enforcement agencies and other organizations and hopes once Monday roles around, those places will be able to get in contact with those who could benefit from the shelter.

"We just are feeling really grateful to the community,"

Shogren said. "We really received overwhelmingly positive support, which has been really nice."

Shelter Director Ann Hunnicutt said operations went smoothly for the first weekend.

"I couldn't have asked for anything better," she said. "... Our guest was very respectful, abided by the rules. It went very well."

Hunnicutt hopes to spread the word about the shelter more this week, as the occupancy permit did not come until 4 p.m. Friday afternoon.

The original goal ear-

lier this year was to get the shelter running in the first part of 2022 or — at the earliest — by mid-December. Shogren and Hunnicutt attribute the earlier than anticipated opening to the community at large.

"We've had people working through the holidays and week-ends," Hunnicutt said. "Really since we've gotten our permits, we have gotten so much done in a short amount of time. And it just shows how the community has worked so hard."

Many people are exhausted with the amount of effort the project has taken — including Hunnicutt herself — but she said she would have worked twice as hard to get the doors open as soon as possible.

The shelter is open every day from 8 p.m. to 8 a.m. and has beds available for 20 adults, and there is not a limit on how many nights a

person can stay. Trained staff members will be on site at all times during open hours, and clients will have space for any possessions they bring along. Access to the shelter is at 1926 S. Seventh St. Walk-ins are welcome until 11 p.m. each night.

"We may not be everybody's first choice, but the fact that there is a choice and there is somewhere to sleep inside, it feels really good," Shogren said.

While donations are appreciated, Shogren asks people to wait a week or two so shelter staff can figure out what the highest needs are and request those accordingly. Follow the Bridges of Hope Facebook page for updates on needs and visit [bridgesofhopemn.org/warmingshelter](https://bridgesofhopemn.org/warmingshelter) for more information on the shelter.

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Contributed / Julie Krings

The Krings family, of Byron, on the set of Family Feud.



## BRIEFS

**'Weird Al' Yankovic has date with Duluth**

DULUTH — “Weird Al” Yankovic will bring his “Ridiculously Self-Indulgent, Ill-Advised Vanity Tour” to the Duluth Entertainment Convention Center this summer, according to the longtime comedy-singer’s website.

But he’s leaving the likes of “Eat It” and the “Captain Underpants” theme song at home. This tour showcases original non-parody tunes.

Yankovic plays July 11 at Symphony Hall — one of 133 shows planned for the tour. Tickets go on sale Dec. 10 at Ticketmaster outlets, including the DECC box office. Emo Phillips opens.

In the past, the musician’s shows have included props and videos. In 2018, he tested a show with songs like “Nature Trail to Hell,” “Dog Seat Dog” and “You Don’t Love Me Anymore,” according to Rolling Stone.

**MSP to receive \$12 million to help build air rescue, firefighting facility**

ST. PAUL — The Federal Aviation Administration gave \$12 million to the Minneapolis-St. Paul International Airport to start construction on an air rescue and firefighting building, U.S. Sens. Amy Klobuchar and Tina Smith announced on Friday, Dec. 3.

The award comes after Minnesota saw an unprecedented summer and fall season of wildfires. The senators requested the funding to kickstart construction on a new fire station at the airport. Initial funds will help MSP airport comply with Federal Aviation Administration safety requirements.

Over further phases, airport and state emergency officials hope to build out an Emergency Operations Center that will serve as a base for firefighters, police and 911 dispatch responders.

“After unprecedented wildfires in our state this summer, constructing a new aircraft rescue and fire fighting station is critical to supporting the airport’s infrastructure and ensuring the safety of all residents and visitors,” Klobuchar said in a news release.

Smith said she would continue working to get more federal funding to Minnesota to complete the airport project and others.

**Minnesota to receive 1 million more at-home COVID-19 tests, offer boosters at schools**

ST. PAUL — Minnesota is set to receive 1 million additional at-home rapid COVID-19 tests for Minnesota families, Gov. Tim Walz announced Friday, Dec. 3.

The state expects to get the BD Veritor At-Home rapid test kits in the next month and will send them out to child care providers and schools to hand out to students and families. State health and education officials have already sent out another variety of at-home tests to schools and set up additional testing facilities around Minnesota to detect COVID-19.

Walz in a news release said that beginning Monday, Dec. 6, some school vaccination sites will offer booster doses to adults taking their children in for a COVID-19 vaccine. In all, 35 school sites will get the boosters in December or early January, he said.

“Today we’re taking another step to meet people where they are and make COVID-19 vaccinations and testing options as convenient as possible for Minnesotans,” Walz said. “I strongly urge every Minnesotan to get vaccinated, get boosted, and get tested to stay safe this holiday season.”

The move comes as the state on Friday tracked an upward tick in new COVID-19 cases stemming from the Thanksgiving holiday. Additional medical staff were set to come into the state on Friday to help relieve hospital staff in Edina. It’s the third facility to receive federal support.

— Forum News Service



Contributed / Crow Wing County Historical Society

In order to connect the Northwest Paper Co.’s pulp mill with their sidetrack on the hill, a high tower was built and a covered bridge was put in from the tower to the hill as shown in this image circa 1903.

## MILL

From Page 1

excepted,” according to the Jan. 8, 1904, edition of the Dispatch.

The mill produced about 40 tons of pulp daily, or about 15 tons when dried, according to accounts at the time.

“The company finds it very profitable to keep the mill running, as the pulp wood is very plentiful and the capacity of this mill is such that a large amount of the product is turned out each week at a minimal cost,” according to the Dispatch.

According to the Jan. 16, 1908, edition of the publication, about 35 men were employed during the summer, divided into two shifts, and a crew of about 50 to 60 men was employed during the winter months.

The Northwest Paper Co. construction project of a paper and pulp mill with a 70-ton capacity at a projected cost between \$300,000 and \$400,000 at the company’s site in northeast Brainerd was

revealed by the Dispatch in 1915.

“This industry will do much to rejuvenate Northeast Brainerd, to improve property values and to stimulate business in that section, which will also have a beneficial effect on the city as a whole,” according to the Sept. 25, 1912, edition of the Dispatch.

Construction began in 1915 on an integrated pulp and newsprint mill at the mill site on the east side of the river. It was the first convertible mill of the kind in the United States with its capability to shift from print paper-making to manufacturing book paper, employing 150 men.

“The industry means much to Brainerd, as it utilizes Mississippi River water power, which previously for years had been allowed to run to waste over the dam. In its construction work, the company surmounted many difficulties including quicksand and the loss of a section of the dam,” according to the April 18, 1917,

edition of the Dispatch.

Only spruce pulpwood was used until 1929 for grinding. At that time, a small percentage of jackpine also began to be used. The jackpine was trucked to the mill from local areas. This operation continued until the groundwood mill was closed.

“The Dispatch today points with pride to the fact that the Daily Dispatch is printed on paper made in Brainerd by the Northwest Paper Co. and that the roll from which this paper comes is among the first turned out by this great local industry,” according to the April 20, 1917, edition.

Northwest Paper Co. operated the Brainerd paper mill until 1964, when it was sold to Potlatch Forests Inc. Later owners of the paper mill included Missota Paper Co. from 2003 to 2004 and Wausau Paper from 2004 to 2013, when the mill ceased operations.

FRANK LEE may be reached at 218-855-5863 or at frank.lee@brainerddispatch.com. Follow him on Twitter at www.twitter.com/DispatchFL.

## CLINICS

From Page 1

residency program, in partnership with North Dakota State University. For Essentia, it’s an extension of the health system’s Transition to Practice program, which helps new NPs and physician assistants make the adjustment from classroom to clinical practice.

“As a new grad, I feel like it’s a very overwhelming process for a nurse practitioner to go from school to like, ‘All right, here’s your patients,’” said Stay. “Most nurse practitioners start as nurses, and you’re used to having almost a menu of — ‘OK, your patient has pain. Here’s your choices of medication; here’s your choices of dosages.’ Now, as a nurse practitioner, you’re the one making that menu.”

In response to this, Stay said, “Essentia has been so incredibly supportive with this onboarding system.” It includes regular check-ins with an experienced NP in Fargo, doctors at the Walker clinic, and her own assigned mentor.

“I’ve never felt so supported, jumping into a new role before. It’s wonderful,” said Stay. “You can go to anyone with questions. Everyone’s willing to help.”

**Focus on rural**

Added to that is the residency program, funded through the NDSU School of Nursing, which received a four-year, \$1.575 million Advance Nursing Education Nurse Practitioner Residency Grant three years ago through the Health Resources Services Administration.

Dr. Mykell Barnacle, program director of the residency program and a faculty member at NDSU school of nursing DNP program, said it doesn’t matter whether the residents are NDSU



Robin Fish / Park Rapids Enterprise

Dr. Thomas Krumme, family practice physician with Essentia Health, talks with nurse practitioner Kelsey Stay on Nov. 29 at the Walker Clinic. Though also a fairly new addition to the clinic staff, Krumme serves as one of Stay’s mentors in Essentia’s grant-funded residency program for rural advanced nursing practice providers.

graduates; in fact, none of this year’s NP residents are.

Barnacle said they decided at the outset to partner exclusively with the Essentia Health system as part of the school’s emphasis on rural health care.

“We wanted to work with one specific organization to make the opportunities more seamless,” said Dr. Dean Gross, program coordinator of the residency program and director of NDSU’s NP program. “It also eliminated us from the selection process” — that is, Essentia chooses the candidates.

During the past decade, Gross and Barnacle have worked to change the mission of NDSU’s nursing school to emphasize rural practice.

“We found that unless an individual was born in a rural community and had family there, they didn’t really return there unless they were exposed to that rural community,” said Gross. “We’ve been working together to promote our nurse practitioners to go to the rural area and have their clinical rotations there.”

**More supports needed**

Barnacle said the school recognizes the complexity of the NP’s role and the difficulty of transitioning to a rural area, where a new graduate may not have as many supports to fall back on as in an urban clinic.

“It is a big transition anywhere,” she said. “There’s a lot of responsibility, certainly, with the role transition from a student to a provider.”

That’s especially true in rural areas, Barnacle noted. “Typically, rural providers have a very broad scope of practice, and so they care for people that would maybe be sent to a specialist in a more urban area. They do a lot more procedures than individuals in urban areas do.”

For example, rural patients may not want to travel two hours to have a toenail removed. “It really becomes a customer service issue,” said Barnacle. So, instead of sending them to a specialist, rural NPs must develop a wider range of skills.

Through the residency program, NDSU provides education, such as a two-day procedural workshop

in Baxter where “they do everything from splinting to advanced suture techniques and, as I said, toenail removal,” Barnacle said.

They also have an in-person emergency preparedness simulation and other day-long, hands-on activities, plus virtual meetings and webinars. The grant also covers residents’ travel expenses to clinical rotations in specialty practices.

For example, Stay has a rotation in the radiology department in December in Detroit Lakes, and looks forward to a pediatrics rotation in January at the Park Rapids clinic.

“This past month, there was educational training on sleep medicine,” she said. “We covered topics on lab values and pulmonary function tests.”

**Improving the outcome**

Though she just started her residency in October, Stay said it’s already been great, allowing her to connect with the three other residents — two in Detroit Lakes and one in Hibbing — and bounce ideas off them.

It also connects her with providers across

the Essentia system, in case she has questions. “Just being able to pick the brains of people that work in specialties,” she said, allows her “as a family practice provider to have some better insight with those specialties. ... I think it helps establish a good working relationship with these people as well.”

“We have a huge health system, but you feel kind of alone, rural,” said Christie Erickson, an NP and director of Essentia’s Transition to Practice program. “Once you connect with all these other people, suddenly you don’t feel like you’re quite so alone.”

Prior to starting this onboarding program, Erickson said, Essentia had an 18% annual turnover of NPs, but it’s now down to about 5% — despite the higher level of stress for health care providers due with the COVID-19 pandemic.

The numbers speak for themselves. During the first two years of the current grant, Gross said, “We’ve had eight residents complete the program, and all eight have been retained in the rural clinics where they were hired ... an amazing, 100% retention rate.”

**War of attrition**

“The supports that folks need as health care providers, especially in our rural communities — I think it’s needed now more than ever,” Erickson said. “They’re having difficult conversations with patients on a regular basis about health care in general, but with the pandemic ... about immunizations and COVID, immunization hesitancy and concerns about treatments and precautions that need to be taken.”

Barnacle added that the stressors from the pandemic include the sheer number of patients to care for, many of them doing poorly or dying. “I think that it has been emotionally draining,” she said.

Gross said some nurses may have left the profession during the pandemic due to the stress of pulling double and triple shifts. However, this has opened up many opportunities for new nursing graduates.

“There’s a perception, nationally, that there’s a shortage of nurse practitioners in the rural area,” said Gross. “We haven’t felt that in the past two years because of COVID and institutions downsizing the number of advanced practice providers. But Essentia is moving ahead with a lot of rural nurse practitioners in the very near future to address that.”

**Measurable progress**

The residency program helps Essentia’s new NPs feel competent and confident as they progress in their career, said Erickson, by showing them that they have the support they need and colleagues to connect with.

Besides all the connections the programs makes to help Stay close gaps in her clinical knowledge, it also plugs her into a network of contacts who can provide even more resources, as well as three fellow residents who understand just what she’s going through. It’s “a wonderful network of support on every level,” she said.

“We went into this not sure what would be the outcome,” said Gross. “But after the first couple of years, we noted significant improvement, because we were careful to elicit information from the participants, the residents and their managers, about what they need to be successful out there.”

He said their feedback has even led to improvements in their school’s NP degree program.

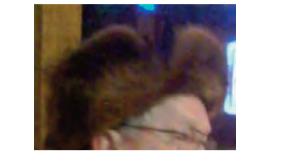
“This has been transformational for us,” said Gross. “We’re able to implement more rural expectations, which translates well to any primary care environment.”



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MN LEGALS FORECLOSURES

(Published in the Brainerd Dispatch, November 14, 21, 28, December 5, 12, 19, 2021, 6t.)

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MN LEGALS FORECLOSURES

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MN LEGALS PROBATE

(Published in the Brainerd Dispatch, November 24, December 1, 2021, 2t.) Notice of Remote Zoom Hearing State of Minnesota

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# M Crow Wing energized MONDAY MOTIVATOR

## Worried about packing on the pounds this winter? Here's how to avoid holiday pitfalls

By Max Filby  
The Columbus Dispatch

Columbus, Ohio

With the holiday season already in full swing, temptations are aplenty in the form of good food and bad weather keeping people from being active outdoors.

The fear of holiday weight gain fueled by more food and less activity is one that has persisted for years, experts say.

Most people actually gain only a couple of pounds at over the winter months, said Amy Lewis, supervisor of clinical nutrition at Mount Carmel Health in Columbus, Ohio. The problem lies with those who don't work off the one or two pounds after the holidays, because after a few years that weight can add up, Lewis said.

"Don't stress too much, because most people don't gain 10 pounds," Lewis said. "After the holidays though, it is important to get back into a healthier routine before next year's (holidays)."

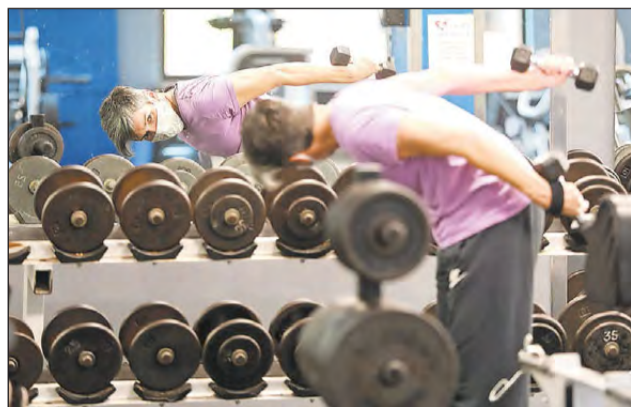
Still, Lewis said it's easy for many healthy habits to take a backseat to other priorities over the holidays as people are preoccupied with house guests, gift giving and other seasonal stresses.

With that in mind, here are some tips from dietitians and trainers on how to avoid falling into an unhealthy holiday spiral.

It's OK to indulge sometimes

It's unrealistic to expect someone to turn down every piece of pumpkin pie or Christmas cookie offered around the holidays, Lewis said.

It's fine to enjoy some of the seasonal baked goods, so long as eaters don't go



Doral Chenoweth / Columbus Dispatch / TNS  
Linda Blount-Jacobs performs tricep kickbacks at Powerhouse Gym Columbus in Columbus, Ohio.

overboard. The same goes for any holiday beverages, including beer, wine and cocktails, Lewis said.

"One of the things I try to stress to people is don't make unrealistic expectations for yourself," Lewis said. "I think it's absolutely OK to do some of those things. ... If you don't, you're just going to deprive yourself and overdo it somewhere else."

When it comes to alcohol and other holiday drinks, people need to be mindful of how much they're having, said Priya Patel, a dietician with OhioHealth's McConnell Weight Management Program. It's far easier for people to drink a bunch of calories without noticing, since it doesn't fill them up, Patel said.

"A lot of people are drinking wine and cocktails around the holidays; ... it's hard because everyone is sipping on something," Patel said. "I always say try to sip on water in between so you feel included but you're not overdoing it."

Don't wait on New Year's resolutions

While people often wait until Jan. 1 to make new commitments to

working out or eating healthier, it might be a good idea to start sooner, said Jephthah Lawson, a manager and trainer at Powerhouse Gym Downtown.

Often, Lawson said, people start exercising more in the new year as part of resolutions or to work off weight they put on over the holidays.

Early January might be a bad time to start working out though, Lawson said, because gyms are usually packed with people feeling the same way. Trying to find a less busy time to exercise, or waiting to use a specific piece of equipment, can be a deterrent and actually backfire on someone wanting to get more active, Lawson said.

"There's no reason at all not to start now," Lawson said. "Honestly, it takes 21 days to build a habit, so if you are starting Jan. 1 when everyone else is starting, you're going to get discouraged."

Even just trying to squeeze in a few more minutes of exercise here and there can also help around the holidays, Lewis said.

People should consider going for a walk after a heavy meal or dessert, Lewis said. If it's too cold to

go outside, Lewis said climbing stairs at home is also a good way to work off some extra calories.

Going back for seconds

With a cornucopia of good food and big meals around the holidays, it can be easy to overeat, experts told The Dispatch.

There are a few ways to avoid filling up too much though, they said.

People who are still hungry after polishing off some holiday ham or turkey should go back for seconds with a smaller plate, both Patel and Lewis suggested. Using a smaller dish can help prevent someone from overdoing it with more food, they both said.

It's also not a bad idea to pick some of the healthier options available if a person is still hungry enough for seconds. People tend to load up on food that's high in carbs and should consider some less starchy vegetables as their sides, Patel said.

The two dietitians also said people need to give their stomach time before piling up another plate.

The body, Patel said, takes anywhere from 20 to 30 minutes to signal to one's brain that it's full and satisfied. If people go back for a second helping too quickly, they could be circumventing that stomach signal and end up feeling overstuffed.

"Your stomach doesn't have time to give your brain that signal when you eat fast," Patel said. "Slow down when you eat and that's going to make a huge difference."

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Steve Kuchera / Duluth News-Tribune / TNS

Emily Ford and Diggins hike a section of the Ice Age Trail near Shell Lake, Wisconsin. The two are nearing the end of their 1,200-mile, 69-day through hike on the National Scenic Trail across Wisconsin.

## Spotlight still follows Minnesota woman months after her winter hiking adventure

By Bob Timmons  
Star Tribune

Minneapolis

Emily Ford is @EmilyonTrail on Instagram.

Perhaps, @EmilyonTour is a better handle these days.

Ford famously — compellingly — thru-hiked the Ice Age Trail in Wisconsin last winter. She became only the second person to claim such an achievement, which also included several firsts in winter, too. Ford was the first woman and person of color to cover the 1,200 miles of the National Scenic Trail.

All of the above, including her thoughtfulness, her modest hopes to inspire others and her bond with her hiking companion (a sled dog named Diggins), has made the Duluth woman in demand since she walked off the trail last March.

Now, there is a film about her. Ford and her adventure over 69 days are at the heart of a new documentary, "Breaking Trail,"

which premiered Nov. 7 at the Banff Film Festival in Alberta. The 30-minute film is from director Jesse Roesler and Credo Nonfiction, a Minneapolis production company that spent time with Ford and Diggins on-trail.

The documentary was among dozens screened, and Ford was in Banff. ("All I could think about was making sure I get there," she said, recalling the tight COVID-19 protocols for border crossings.)

Ford was the focus of attention again this past weekend when she was a presenter at the Midwest Mountaineering fall expo in Minneapolis.

Ford estimated she has done as many as 50 or more podcasts, talks and interviews since she completed the Ice Age hike. So

many, she said, that the thought occurred to her that she could do it full time. Nevertheless, she likes her other job and activities too much. She is head gardener at Glensheen Mansion in Duluth. Around that, she also has other playgrounds to explore soon.

Ford will begin an internship in early December at Wintergreen, the dogsled center in Ely run by Paul Schurke. Ford said she also is preparing for a winter trip with Diggins in 2022 Up North.

Ford is enthusiastic about the opportunities to learn and work at Wintergreen. Plus, Schurke's wide experiences as an explorer with Will Steger and others connects her to another interest: the Arctic. She has gone on several backcountry dogsledding trips through Wintergreen in recent years.

"Working for Paul is a dream come true," she said. "He is the most real deal."

Who knows if those trips with the Schurkes planted the seed for her bracing hike along the Ice Age? Maybe so, Ford said.

"I fell in love with [the winter trips]," she added.

For all the speaking gigs and interviews, for the crush of Instagram followers (she's at 14,000 and counting) waiting for a new post with tips, Ford said she has transcended the attention and frenetic pace thanks to the leavening support of her partner, Flo.

They strive for normalcy, focused on their jobs and their relationship — and their dogs — knowing the current flash of fame and interest can be fleeting.

"Flo always tells me, the adventures will still be there," Ford said.

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## On Nutrition: Travel food

By Barbara Intermill  
Monterey Herald

I'm thankful my husband and I already enjoyed social isolation before it became mandatory. One of our greatest pleasures is to take our horses and dogs to an out-of-the-way place where we can ride and explore nature.

So here we go again on our longest trip yet, to the warmth of Arizona. Besides a couple of stops along the way to see family in New Mexico, the next three weeks we will be "hamping" — or whatever the term is for camping with horses.

Day 5 into this adventure brings me to the realization that the outing will be different than our usual long weekend getaways. For one, I'm learning to be flexible with meals.

Yesterday, for example, spaghetti with meat sauce sounded like a good idea for dinner. We have a propane stove to cook the meat we brought from home and electricity to plug in a

crockpot for the sauce. All good, right?

It wasn't until I pulled out the pasta, tomato paste and other ingredients that it dawned on me — I have no pot to boil water. We had burgers and salad instead...

Today we're prepared...I think. That's because we found a local secondhand store and added a pot and lid to our camping gear. Limited space does make us more aware of what is essential and what is not. Fresh and frozen veggies and fruit: essential. Eggs and peanut butter: essential. Leftover Halloween candy...how did that get in here?

I also appreciate certain convenience items that save preparation time and space. Pre-washed and chopped salad mixes are a must. Baby carrots are perfect for snacking or throwing into soup or stews. And pre-cut melon keeps me from making excuses to not eat well.

I've become hooked



Dreamstime / TNS

Fresh and frozen fruits and veggies are essential for road trips.

on ultra-filtered milk like Fairlife that doesn't need refrigeration until you open each individual carton. (Saves space in my small fridge.) And those apples I threw in from my trees at home are really a better snack than leftover Halloween candy.

This morning I made eggs and — missing my toaster — decided to toast bread slices in a pan on the stove. Turned out great!

One other thing about camping with horses: We all get plenty of exercise. In fact, we're getting ready right now for our afternoon ride through some

unexplored country. And when we get home, we've got spaghetti sauce in the crockpot waiting to be added to the pasta I'll cook in my newly acquired pan. Yay!

Feel free to share with me any of your ideas or experiences for good eating while away from home. I'll be happy to share with our readers in a future column.

Barbara Intermill is a registered dietitian and certified diabetes educator affiliated with Community Hospital of the Monterey Peninsula. She is the author of "Quinn-Essential Nutrition" (Westbow Press, 2015). Email her at to barbara@quinessentialnutrition.com.

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## BOYS HOCKEY



Kelly Humphrey / Brainerd Dispatch

Brainerd's Cayden Kleffman skates up the ice with the puck against Roseau on Saturday at the Essentia Health Sports Center in Brainerd.

# WARRIORS FALL TO ROSEAU

Jed Klang recorded 14 saves as the Brainerd Warriors fell 10-0 to the Roseau Rams in a Section 8-2A matchup Saturday, Dec. 4.

Liam Luther tallied six saves as well in the loss.

**Roseau 2 6 2 — 10**  
**Brainerd 0 0 0 — 0**  
 First period: R-Gavin Gunderson (Max Strand, Thor Byfluglien) 6:24, R-Noah Umess (Kellen Murphy, Strand) 16:02  
 Second period: R-Umess (Murphy, Strand) 2:30, R-Aaron Wensloff (Teane Bunn, Teegan LaPlante) 11:43, R-Adam Severson (Tanner George, Strand) 12:32, R-Kellen Murphy (Gavin Gunderson, George) 14:04, R-Brennen Johnson (A. Wensloff, Strand) 14:24, R-Gavin Jensen (Umess, Isaac Wensloff) 16:42  
 Third period: R-Strand (LaPlante, Johnson) 3:13, R-Umess (Byfluglien, Murphy) 11:06  
 Shots on goal: Brd 6, R 30  
 Goalies: Brd- Jed Klang (14 saves), Liam Luther (6 saves); R- Carter Christianson (6 saves)  
 Overall: Brd 0-2. Next: Brainerd at St. Cloud 7:15 p.m. Tuesday, Dec. 7.

## GIRLS HOCKEY

# Hilltoppers get best of Warriors

DULUTH — Molly Hagelie scored the lone goal for the Brainerd/Little Falls Warriors as they lost to the Duluth Marshall Hilltoppers 3-1 Saturday, Dec. 4.

Molly Pohlkamp assisted on Hagelie's goal which tied the game in the second period at 1-1.

Britta Sawyer had 16 saves for the Warriors who outshot the Hill-



Hagelie

(Molly Pohlkamp), DM-Meredith Boettcher 8:27  
 Third period: DM-Ilsa Lindaman, (Nina Thorson, Annika Lindgren) 8:40  
 Shots on goal: BLF 29, DM 19  
 Goalies: BLF- Britta Sawyer (16 saves); DM-Chloe Clark (28 saves)  
 Overall: BLF 5-3. Next: BLF hosts St. Cloud 7:15 p.m. Tuesday, Dec. 7.

toppers 29-19.

Duluth Marshall 0 2 1 — 3  
 Brainerd/LF 0 1 0 — 1

Second period: DM-Ilsa Lindaman (Annika Lindgren, Nina Thorson) 12:57, BLF-11:32 Molly Hagelie

## DANCE TEAM

# Warrior dance competes twice over the weekend

CHANHASSEN — Brainerd scored a fourth-place finish in jazz and a third-place finish in kick Saturday, Dec. 4, at Chanhassen High School.

Eastview was the top team in both categories.

"We always try to select an event that has the heavy hitters at it. A competition that we know it will be hard to place at. It really helps us to work hard-

er and push early on," Brainerd head coach Cindy Clough said. "We are really proud of this finish. Of course we are ready to go back to work and aim as high as we can. Being up with Wayzata, Eastview and Hopkins this early is encouraging. We will study film and scores to strategize."

**Team results**  
 Jazz: 1-Eastview 4.5, 2-Wayzata 7.5, 3-Edina 8, 4-Brainerd 10, 5-Lakeville South 16, 6-Eden Prairie 17, 7-Prior

Lake 21, 8-Chanhassen 27, 9-Spring Lake Park 27.5, 10-Hopkins 29, 11-Rogers 32, 12-Waconia 34  
 Kick: 1-Eastview 4, 2-Wayzata 7, 3-Brainerd 9, 4-Edina 11.5, 5-Lakeville South 13.5, 6-Eden Prairie 19, 7-Hopkins 21.5, 8-Spring Lake Park 23, 9-Prior Lake 30, 10-Rogers 31, 11-Chanhassen 31, 12-Waconia 35.  
 Next: Brainerd at Edina Saturday, Jan. 8.

## Friday's Results

ST. CLOUD — Brainerd won the jazz and kick Friday, Dec. 3, in the Central Lakes Conference meet at St. Cloud Apollo.

The Warriors kick

team scored a 407 out of 500 points and had 4-5 rank points which was tied with Sartell. Brainerd won on tiebreaker.

The Warriors jazz scored 417 out of 500 points which was less than Sartell, but Brainerd scored a four in rank points to earn the title.

**Team results**  
 Jazz: 1-Brainerd 417, 2-Sartell 419, 3-Sauk Rapids 337, 4-Rocori 283, 5-Alexandria 261, 6-Willmar 248  
 Kick: 1-Brainerd 407, 2-Sartell 403, 3-Sauk Rapids 308, 4-Alexandria 298, 5-Rocori 281, 6-Willmar 244.

## MEN'S COLLEGE BASKETBALL

# Raiders get road win against Rams

ANOKA — Quamar Gresham recorded 23 points on 9-12 shooting, six rebounds, four assists and four steals to help lead the Central Lakes College Raiders to a 71-54 win over the Anoka-Ramsey Rams Saturday, Dec. 4.

David Felix scored 12 points while Jalen Dearing finished with 10 points for the Raiders. Traveon Jones came off the bench to score eight points while Zaa Buffalo



Gresham

17, Terrell Fountain 10, Jacob Say 8, Josiah Remus-Ford 8, Elijah Mead 5, Ontario Chapman 4, Daydor Phillips 2. FG 26-60 (43.3%), FT 9-13 (69.2%), 3-point 10-20 (50%). Overall: 7-2. Next: hosts Gogebic 7 p.m. Friday, Dec. 10.

grabbed 10 rebounds for the 7-2 Raiders.

Anoka-Ramsey 23 31 — 54  
 Central Lakes 26 45 — 71  
**ANOKA-RAMSEY**

Devin Wade-Henderson

WADENA — Parker Zutter and Connor Tulenchik won at 106 and 182 respectively to help the Pequot Lakes/Pine River-Backus Road Crew win the Dennis Kaatz Memorial at Wadena-Deer Creek Saturday, Dec. 4.

The Road Crew had four wrestlers finish second with Easton Miller at 120, Korey Kinyon at 160, Corbin Knapp at 195, and Matthew Foster at 220.

Easton Dircks won at 113 to help lead Brainerd to a fourth-



Dircks

place team finish. Isaiah Jillson, Gabe Wagner and Dalton Barrett each placed second for Brainerd at 145, 152, and 285 respectively.

Colby Tappe won at 132 while Eli Greenwaldt placed second at 106 for Staples-Motley. Bertha-Hewitt-Verndale-Parkers Prairie had two second-place finishers in David Revering and Reese Thompson at 126 and 138 respectively.

Koby Endres finished in third place at 182 for Wadena-Deer

## WRESTLING

# Road Crew win in Wadena, Warriors 4th

Creek.

**Team Results:** 1-Pequot Lakes-PRB 199.5, 2-LPGE-Browerville 190, 3-Thief River Falls 145, 4-Brainerd 138, 5-United North Central 124.5, 6-Bertha-Hewitt-Verndale-Parkers Prairie 124, 7-Badger-GBMR 74, 8-Staples Motley 73.5, 9-Wadena-Deer Creek 28

**Brainerd Results**  
 106: Jaxson Derosier 0-2  
 113: 1-Easton Dircks 3-0, 3-Cale Ostrowski 3-1  
 120: 4-Cade Ostrowski 2-2  
 126: 4-Isaiah Germann 2-2  
 132: 5-Elijah Germann 2-2, Nathan Lawrence 0-2  
 138: Hunter Bergin 0-2  
 145: 2-Isaiah Jillson 2-1  
 152: 2-Gabe Wagner 1-1  
 170: 3-Damien Benthoo 3-1  
 182: David Rollins 0-2  
 195: 5-Shane Carlson 2-2, Ethan Kosloski 0-2  
 220: Carson Faehrich 0-2  
 285: 2-Dalton Barrett 3-1  
 Next: Brainerd hosts the Paul Bunyan Tournament Dec. 10-11.

**PL/PRB Results**  
 106: 1-Parker Zutter 5-0  
 113: Trevor Holmberg 1-3

**WRESTLING:** Page A14



## Minn. Wild earn statement win, defeat Maple Leafs in the shootout

By Dane Mizutani  
St. Paul Pioneer Press

For about 30 minutes on Saturday night at the Xcel Energy Center, the Wild looked the part of a Stanley Cup contender. They went blow for blow with the Toronto Maple Leafs, and after an offensive explosion midway through the game, found themselves on the verge of a blow-out win.

But the Maple Leafs are a Stanley Cup contender, too, and showed it as they effortlessly erased a three-goal deficit in a matter of minutes.

Maybe it was better that way. This heavy-weight bout deserved to go the distance.

In a marquee matchup that some were prematurely teasing as a Stanley Cup preview, the Wild and the Maple Leafs proved that it would be a heck of a series. It felt like playoff hockey for 65 minutes as both teams flashed their offensive prowess early on, then refused to give an inch down the stretch.

Honestly, it's unfortunate that such an awesome game had to be decided in a shootout. In the end, though, Mats Zuccarello and Kirill Kaprizov converted in the shootout, Cam Talbot made a couple of saves, and the Wild walked away with a highly entertaining 4-3 win.

Asked if he thought the Wild made a statement with the win over the Maple Leafs, Matt Dumba responded, "I think we did." He mentioned how the game was being played on Hockey Night in Canada, which meant way more eyeballs than usual.

"We don't really get too much attention (from the) outside here in Minnesota," Dumba said. "For people to see us compete against the top teams, and win, I think it's huge."

"Yeah it's great," Jor-

dan Greenway added. "I think we're definitely showing everyone and ourselves that we can play with anyone."

After a back-and-forth first period that proved both teams are very much on the same playing field, Greenway gave the Wild a lead with 24 seconds left in the frame. He gathered a loose puck near the crease after a big blast by Dumba, then calmly wired a shot into the back of the net.

"Might have felt like we were feeling each other out a little bit," Marcus Foligno said. "Toward the end of that period we felt really comfortable with our game."

That showed as the Wild started the second period with a flurry, getting a goal from Zuccarello to make it 2-0, then a goal from Foligno to stretch the lead to 3-0 thanks to a fortuitous bounce in front.

That's when the ageless Jason Spezza took over for the Maple Leafs.

The 38-year-old center started the rally with an extremely fluky goal to cut the deficit to 3-1. His initial shot came from behind the net, deflected off Jordie Benn, then whizzed past Cam Talbot top shelf. Not long after that Spezza scored a much more traditional goal from the slot to make it 3-2.

The onslaught continued a minute and a half later as star center Auston Matthews helped the Maple Leafs tie the game at 3-3 on the power play. All of a sudden the game was very much up in the air as both teams headed to the locker room.

"We talked to the group," coach Dean Evason said. "We made some mistakes. We allowed them momentum. And it bit us. The biggest message was we're even, right? We were even. We were not down."

## Motor City Meltdown

Lions stun Vikings 29-27 on final play for first win of season

By Chris Tomasson  
St. Paul Pioneer Press

DETROIT — This time the Minnesota Vikings didn't escape.

The Vikings lost to lowly Detroit 29-27 on Sunday at Ford Field on Jared Goff's 11-yard touchdown pass to Amon-Ra St. Brown on fourth-and-2 on the final play. It was the first win of the season for the Lions, who raised their record to 1-10-1.

"We're sick right now," said Vikings wide receiver Justin Jefferson. "We don't want to lose, especially to games like this."

The Vikings (5-7) have flirted with danger plenty this season, including defeating the Lions 19-17 on Oct. 10 at U.S. Bank Stadium on a 54-yard field goal by Greg Joseph on the final play.

The Lions had lost three times this season on last-second field goals and five times overall in one-possession games. But on Sunday they finally got a last-ditch win of their own.

"I was proud of our guys," said Detroit coach Dan Campbell. "They fought. They've continued to fight all year and it paid dividends today and we found a way to win."

The Lions marched 75 yards in 1:50 for the dramatic win in which Goff took the snap with 4 seconds left and hit St. Brown just across the goal line when he was tightly covered by Vikings cornerback Cameron Dantzler. Before that, they looked primed to blow another game.

Detroit led 20-6 at halftime before the Vikings stormed back to take a 27-23 lead with 1:50 left in the game on a 3-yard touchdown pass from Kirk Cousins to Jefferson. Jefferson, with fellow top receiver Adam Thielen having been lost for the game in the first quarter with a sprained ankle, had 11 catches for a career-high 182 yards.

But the Lions weren't done. Despite having no timeouts, Goff completed 9 of 14 passes on the final drive for 75 yards. For the game, he completed 25 of 41 passes for 296 yards with three touchdowns and an interception.

"We were just too soft on them," Vikings safety Harrison Smith said of the last drive. "Let them get out of bounds a couple times."

With the loss, the Vikings' playoff hopes took a serious hit. With five games left, Minnesota is in the No. 9 spot in the NFC playoff race, and seven teams will make it.

"Obviously, our backs are to the wall, but they've been back



David Reginek / USA Today Sports

Detroit Lions wide receiver Amon-Ra St. Brown (14) catches the game-winning touchdown in front of Minnesota Vikings cornerback Cameron Dantzler (27) on the final play of the game Sunday in Detroit.

against the wall for a while," said Vikings coach Mike Zimmer.

It was one of the tougher losses of Zimmer's eight-year Minnesota tenure. It came after he had warned his team all week about the Lions hardly being a typical winless team.

"They're not doing good," Zimmer said of the mindset of his players after the game.

The Vikings were hampered by being down a number of top players. On defense, linebacker Anthony Barr was inactive because of a hamstring injury, and he joined in being out linebacker Eric Kendricks (biceps), cornerback Patrick Peterson (COVID-19 reserve list), and defensive ends Everson Griffen (non-football illness list) and Danielle Hunter (out for season with shoulder injury). Those players have combined to make 19 career Pro Bowls.

On offense, the Vikings were without star running back Dalvin Cook (shoulder) in addition to Thielen getting hurt. Alexander Mattison filled in for Cook and had 90 yards on 22 carries.

"It's part of the game," Smith said about all the injuries. "It's how everybody is this time of year. You can always make an excuse if you want, it doesn't matter. You have to find a way to win."

The Vikings didn't do that despite winning the turnover battle 2-1 and stopping the Lions twice earlier in the game on fourth down.

"We put ourselves in a favorable position and we didn't execute when we needed to in the end," Smith said.

The Lions did. After St. Brown caught the winning pass, players ran onto the field and celebrated as if they'd just won a playoff game.

"It came down to one play and we were able to make it," Goff

said.

Before that, it looked as if the Vikings were ready to beat the Lions for a ninth straight time and make Cousins a winner for the fourth time in a row in a trip back to his home state. Cousins, who is from Holland, Mich., completed 30 of 40 passes for 340 yards and two touchdowns, meaning he has now thrown for 1,336 yards and 12 touchdowns in his four Minnesota games at Ford Field.

But Cousins couldn't get the Vikings in the end zone on their first two trips to the red zone, and they had to settle for two Joseph field goals in the first quarter for a 6-0 lead. The Lions then scored 20 unanswered points in the second quarter, which included touchdown passes by Goff of 9 yards to T.J. Hockenson and 23 yards to Brock Wright. The second was set up when Cousins was sacked by Charles Harris and lost a fumble that Julian Okwara recovered at the Detroit 44.

The Vikings finally got going in the second half, which included Mattison scoring on an 8-yard run in the third quarter to cut the deficit to 20-15, Cousins throwing a 5-yard touchdown pass to K.J. Osborn early in the fourth quarter to cut it to 23-21 and then Cousins hitting Jefferson for the late score. But all of those touchdowns were followed by unsuccessful two-point conversions.

"A difficult loss" Cousins said. "It was a tale of two halves. We put ourselves in a hole early. We fought back in the second half, moved the ball well, and obviously it wasn't enough. ... This one obviously hurts, but we've got to move on."

For the Lions, they will avoid a second winless season out of the last 14. In 2008, they went 0-16, and had losses of 12-10 and 20-16 to Minnesota. But on Sunday they didn't let one slip away.

## Gophers men's basketball improves to 7-0 with win

Minnesota passes another road test, beats Mississippi State

By Andy Greder  
St. Paul Pioneer Press

The Minnesota Gophers men's basketball team is moving further away from being a surprise and closer to setting a standard.

For the second time in six days, Minnesota won a close game on the road against a high-major opponent.

The Gophers improved to 7-0 with a 81-76 win over Mississippi State (6-2) on Sunday at Humphrey Coliseum in Starkville, Miss. The victory over a Southeastern Conference foe came less than a week after the U edged Pittsburgh 54-53 in the Big Ten/ACC Challenge on Tuesday.

Payton Willis hit a clutch 3-pointer to break a 76-76 tie with 17 seconds left. On the other end, the U point guard grabbed a defensive rebound, was fouled and hit two free throws with 10 seconds left to ice the game. Willis finished with 24 points, and wing Jamison Battle had 20.

By taking care of the ball, mixing in different defensive schemes, overcoming the absence of a key reserve and relying on their two best players, the Gophers enter Big Ten play this week with a high level of confidence.

The already thin Gophers were without sixth man Sean Sutherlin, a guard sidelined with a knee injury and is listed as game-to-game, according to the U. Sutherlin is fourth on the team in scoring with a 9.2-point average,

but the one-two punch of Willis and Battle carried Minnesota on Sunday.

The Gophers mixed in zone defenses in the second half to fluster the Bulldogs, then 6-foot-3 guard Iverson Molinar became a force in the second half. He had a career-high 26 points, including 18 in the second half, for Mississippi State.

Minnesota had only one turnover in the first half and four in the game against a Bulldog team picked to finish eighth in the SEC.

"When you value the ball and you take good shots and we shot (49 percent) from the floor, over 40 from 3, all that stuff goes into winning," head coach Ben Johnson said postgame on KTLK-AM. "You are not beating this team unless we have our A game and our guys knew that. This is a really well-coached team. I think they are going to have a chance to be in the NCAA tournament. For us, we had to come with laser focus for all 40 minutes and not have any flaws and we were able to do that."

Minnesota made 12 3-pointers, the first time the U had double-digit threes since Jan. 30, 2021 against Purdue. To start the second half, Battle hit three triples and Willis one to re-extend the lead to 60-46.

The Gophers started hot with a 14-0 run across the first four minutes, but the Bulldogs had two runs (7-0 and 9-0) to trim the lead to 23-20 with six minutes left.

Willis paced the Gophers with 12 points and five assists in the first half, while Luke Loewe contributed 11 points after his game-winner against Pittsburgh on Tuesday.

## Gophers to go West for their bowl game

Minnesota will play in Guaranteed Rate Bowl vs. West Virginia on Dec. 28

By Andy Greder  
St. Paul Pioneer Press

ST. PAUL — The Minnesota Gophers are headed to the Valley of the Sun.

Minnesota accepted an invitation Sunday to play in the Guaranteed Rate Bowl on Tuesday, Dec. 28 at Chase Field in Phoenix. The Gophers (8-4, 6-3 Big Ten) will play West Virginia (6-6, 4-5 Big 12) in a game set to kickoff at 9:15 p.m. and air on ESPN.

"We are very honored to be in the Guaranteed Rate Bowl out there in Phoenix," Gophers coach P.J. Fleck said in a news conference Sunday night. "... I know our alumni, our team, our families, our staff, our fans will have an absolute blast in the Phoenix area and the state of Arizona. We are very excited. Tremendous opponent."

This is the first matchup between the two programs, but they had a common opponent in 2021. West Virginia lost 30-23 to Maryland in the

season opener on Sept. 4, while Minnesota beat the Terrapins 34-16 on Oct. 23.

"We got a chance to watch them here and there because of the crossover with Maryland," Fleck said. "... They play a very unique defense and present a lot of challenges and play incredibly hard. We've got our work cut out for us. We have to come up with the best game plan, organize our staff properly, and do what we can be able to do."

Mountaineers coach Neal Brown was complimentary of Minnesota, in particular its top-25 defense and veteran offensive line that paved the way for five 100-yard rushers this season.

The Gophers were passed over within the Big Ten for better-known bowls and Southeastern Conference opponents; Penn State (7-5, 4-5) goes to the Outback Bowl to play Arkansas; Purdue (8-4, 6-3) heads to the Music City Bowl and will

face Tennessee.

With the weather in Phoenix forecast to be warm and sunny later this month, Fleck joked about leaving early. "Seventy degrees plus, count us in anytime," he said while on a recruiting visit. "Coming from Minnesota during the winters, we are very excited. Might even show up this week and start the training now."

The Guaranteed Rate Bowl was formerly known as the Insight Bowl, and Minnesota lost in three appearances in that game in 2006, '08, and '09.

Minnesota is 2-0 in bowl games under Fleck. After not being eligible at 5-7 in 2017, Minnesota beat Georgia Tech in the Quick Lane Bowl in 2018, and then topped Auburn in the Outback Bowl after the 2019 season. The Gophers could have gone to a bowl with a 3-4 record in the pandemic-altered 2020 season but opted out last December.



DANCE TEAM

# Little Falls and Pequot Lakes compete in Rocori

COLD SPRINGS — Pequot Lakes finished ninth in kick and 11th in jazz Saturday, Dec. 4, at the Rocori Invite.

Little Falls was 10th in jazz and 12th in kick.

**Team results**  
**Jazz:** 1-Sauk Rapids 3, 2-St. Francis 8.5, 3-Holy Family 8.5, 4-Becker 10, 5-Zimmerman 15, 6-Detroit Lakes 18.5, 7-Rocori 20.5, 8-Albany 25, 9-Alexandria 28, 10-Little Falls 31, 11-Pequot Lakes 33, 12-Foley 35, 13-Stewartville 38.5  
**Kick:** 1-Sauk Rapids 3, 2-Holy Family 7, 3-Becker 8, 4-Zimmerman 12, 5-Rocori 16, 6-St. Francis 17, 7-Alexandria 21, 8-Albany 23, 9-Pequot Lakes 26.5, 10-Foley 31, 11-Stewartville 33, 12-Little Falls 35, 13-Detroit Lakes 39, 14-Rock Ridge 42

## C-I records a 1st and 2nd

LITTLE FALLS —

Crosby-Ironton scored a first-place finish in kick and a second place in jazz Friday, Dec. 3, at the Little Falls Invite.

Pierz placed second in kick and fifth in jazz, while Little Falls placed third in jazz and sixth in kick.

C-I actually tied with Bemidji with 4.5 rank points, but the tie-breaker went to Bemidji.

**Team results**  
**Jazz:** 1-Bemidji 4.5, 2-Crosby-Ironton 4.5, 3-Little Falls 11, 4-Moorhead 11, 5-Pierz 15, 6-Atwater-Cosmos-Grove City 18  
**Kick:** 1-Crosby-Ironton 3, 2-Pierz 9, Moorhead 10.5, 4-Bemidji 10.5, 5-Rock Ridge 16, 6-Little Falls 17

AREA BOYS BASKETBALL

# Gwost leads Flyers past the Spartans

LITTLE FALLS — Zach Gwost scored 23 points to help lead the Little Falls Flyers to a 63-59 victory over the Rocori Spartans Saturday, Dec. 4.

Beau Thoma and Jaxon Janski each scored in

double-figures as they both finished with 11 points for the Flyers.

**Rocori 27 32 — 59**  
**Little Falls 31 32 — 63**  
**LITTLE FALLS**  
 Jaxon Janski 11, Beau Thoma 11, Riley Czech 3, Austin Neu 6, Brock Lutzke 6, Ethan Poser 3, Zach Gwost 23, FG 23-59 (39%), FT 9-20 (45%), 3-point 8-27(29.6%). Overall: 1-0. Next: hosts Princeton 7:15 p.m. Friday, Dec. 10.

AREA WRESTLING

# Little Falls gets 6th in Edina

EDINA — Kobi Cameron and Noah Cameron took home first-place finishes at 120 and 126 respectively as Little Falls finished in sixth place out of 13 teams at the Edina Invitational Saturday, Dec. 4.

Austin Litke finished in second place at 132 for the Flyers while Ryan Kloeckel placed third at 160.

**Team Results** 1-Farmington 153.5, 2-Lake City 151.5, 3-Hudson, WI 149, 4-Grand Rapids 145, 5-Monticello 121.5, 6-Little Falls 113, ...13-St. Croix Lutheran 6  
**Little Falls Results**  
 106: 6-Cassidy Okerman 1-2  
 120: 1-Kobi Cameron 3-0  
 126: 1-Noah Cameron 4-0, Mason Rausch 1-2  
 132: 2-Austin Litke 3-1, 5-Joey Wilczek 3-1  
 138: 4-Beau Robinson 2-2, 5-Wyatt Baum 4-1  
 145: 6-Bryce Udy 2-2  
 152: Jonah Olson 0-2  
 160: 3-Ryan Kloeckel 2-1  
 170: 5-Hank LeClair 3-1  
 182: Ivan Petrich 0-2  
 195: Alexander Schmitz 0-2

285: 4-Eli VanRisseghem 0-2  
 Next: Little Falls at Brainerd Dec. 10-11.

## Crosby-Ironton in Rush City Invite

RUSH CITY — John Paul Fitzpatrick of Crosby-Ironton took home first place at 152 at the Rush City Invitational Saturday, Dec. 4.

Michael Anderson and Gabriel Ridlon placed fifth at 126 and 145 for C-I as they finished ninth as a team.

**Team Results:** 1-Virginia 181, 2-Mille Lacs 176.5, 3-Deer River 173, 4-Rush City-Braham 148, 5-Ogilvie 131.5, 6-Luck/Frederic/Grantsburg/Siren, WI 112, 7-Rice Lake, WI 103, 8-Proctor-Hermantown 87.5, 9-Crosby-Ironton 39.5, 10-Brooklyn Center-Concordia Academy 20  
**Crosby-Ironton**  
 120: Ethan Anderson 0-2  
 126: 5-Michael Anderson 2-2, 6-Logan Crowther 1-3  
 138: Weston McKay 0-2  
 145: 5-Gabriel Ridlon 2-2  
 152: 1-John Paul Fitzpatrick 3-0  
 Next: Crosby-Ironton at Ogilvie 5 p.m. Thursday, Dec. 9.

AREA GIRLS BASKETBALL

# Pequot Lakes wins big over Big Lake

PEQUOT LAKES — Maci Martini led all scorers with 17 points to help lead the Pequot Lakes Patriots to an 83-28 victory over the Big Lake Hornets Saturday, Dec. 4.

Isabel Larson scored 13 points for Pequot Lakes while Carly Chaney added 12 points for the 3-0 Patriots.

**Big Lake 11 17 — 28**  
**Pequot Lakes 50 33 — 83**  
**BIG LAKE**  
 Kayla Dilger 3, Rylie Stenquist 4, Jessie Moyer 2, Emily Steen 12, Kylie Plattner 1, Reina White 4, Mya Knapp 2.  
**PEQUOT LAKES**  
 Carly Chaney 12, Isabel Larson 13, Kelsi Martini 10, Maci Martini 17, Elisa Flaws 4,

Sydnie Wgeishofski 6, Morgan Eckes 2, Aubrey Larsen 2, Kaitlyn Geschwill 3, Lauren Schultz 7, Reese Laposky 5, Ella Kratochvil 2. Overall: 3-0. Next: at Little Falls 7:15 p.m. Tuesday, Dec. 7.

## Detroit Lakes 65, Little Falls 15

DETROIT LAKES — Kendal Swantek scored four points as the Little Falls Flyers lost to the Detroit Lakes Lakers 65-15 Saturday, Dec. 4.

**Detroit Lakes 39 26 — 65**  
**Little Falls 6 9 — 15**  
**LITTLE FALLS**  
 Kendal Swantek 4, Korrin Gwost 2, Claire VanRisseghem 2, Ana Steadman 3, Shelby Pint 2, Meghan Schilling 2, FG 5-37 (13.5%), FT 5-17 (29.4%), 3-point 0-7 (0%). Overall: 0-2. Next: hosts Pequot Lakes 7:15 p.m. Tuesday, Dec. 7.

AREA GIRLS HOCKEY

# Northern Lakes can't hold off Pine City

PINE CITY — Jada Brodzinski recorded a goal and an assist as the Northern Lakes Lightning fell to the Pine City Dragons 4-3 Saturday, Dec. 4.

Kiana Landt and Rose Aldridge each tallied a goal for the Lightning while Megan Muller and Riley Fogarty each added an assist.

Kate Stephens stopped 20 shots in net for Northern Lakes.

**Pine City 1 1 2 — 4**  
**Northern Lakes 2 1 0 — 3**  
 First period: PC-Jennae Szucs 6:14, NL-Kiana Landt (Jada Brodzinski, Megan Muller) 5:15, NL-Jada Brodzinski 1:48  
 Second period: NL-Rose Aldridge (Riley Fogarty) 16:39, PC Brenna Youngbauer (Emma Hermanson, Emma Kirby) PPG 9:14  
 Third period: PC-Lexa Valvoda 11:26, PC-Valvoda (Szucs, Malia Mikyska) PPG 7:10  
 Shots on goal: NL 28, PC 24  
 Goalies: NL- Kate Stephens (20 saves)  
 Overall: NL 3-4. Next: Northern Lakes hosts Princeton 7 p.m. Tuesday, Dec. 7.

AREA BOYS HOCKEY

# Flyers score 9 against Becker

LITTLE FALLS — Hayden Johnson and Isaiah Jendro each scored two goals, including a short-handed goal from both players, as they defeated Becker 9-1 Saturday, Dec. 4.

Joey Welinski tallied a goal and two assists for Little Falls while Matt Filippi, Collin Kray, Carter Oothoudt and Luke Avery each scored a goal.

Richie Varriano recorded 16

saves in net for the Flyers as they improved to 5-0 on the season.

**Becker 1 0 0 — 1**  
**Little Falls 6 3 0 — 9**  
 First period: LF-Joey Welinski (Collin Johnson) 1:31, LF-Hayden Johnson (Matthew Cooper, Carter Oothoudt) PPG 4:34, LF-Isaiah Jendro SHG 5:21, LF-Hayden Johnson SHG 6:32, LF-Isaiah Jendro (Joey Welinski) 8:31, B-Samuel Rusin (Jase Tobako, Brayden Graning) 12:23, LF-Collin Kray (George Moore) 16:25  
 Second period: LF-Carter Oothoudt PPG 9:40, LF-Luke Avery (Joey Welinski) 14:16, LF-Matt Filippi  
 Shots on goal: LF 36, B 17  
 Goalies: LF Richie Varriano (16 saves); B-Declan Weber (20 saves), Andrew Holm (7 Saves)  
 Overall: LF 5-0. Next: Little Falls hosts Alexandria 7:15 p.m. Tuesday, Dec. 7.

## Friday's Results

### South St. Paul 3, W-DC 1

WADENA — Evan Lunde scored the only Wadena-Deer Creek goal for the Wolverines in their 3-1 loss to South St. Paul Friday, Dec. 3.

Gunner Olson tallied 11 saves for the Wolverines in net.

**South St. Paul 0 1 2 — 3**  
**Wadena-DC 1 0 0 — 1**  
 First period: WDC-Evan Lunde (MJ Lunde) 7:10  
 Shots on goal: WDC 22, SSP 14  
 Goalies: WDC-Gunner Olson (11 saves)  
 COverall: WDC 2-2. Next: WDC hosts Prairie Centre 7 p.m. Tuesday, Dec. 7.



Michael Vosburg / The Forum

North Dakota State's Jake Kava celebrates a sack against Southern Illinois during their NCAA FCS second-round football playoff game Saturday in Fargo.

# Bison overpower Southern Illinois, roll into FCS quarterfinals for 12th consecutive season

By Eric Peterson  
 The Forum

FARGO — North Dakota State made it an even dozen Saturday afternoon at Gate City Bank Field at the Fargodome.

The No. 2-seeded Bison overpowered Southern Illinois with their ground game and cruised to a 38-7 victory against the Salukis in the second round of the NCAA Division I FCS playoffs before 12,557 fans.

NDSU knocks out SIU in FCS playoffs with big win

"We're a line-of-scrimmage football team and we want to run the football and if we can keep on running it, we're going to do it," said Bison head coach Matt Entz.

NDSU (11-1) advanced to the FCS quarterfinals for a 12th consecutive season, extending its FCS record in reaching that round in consecutive seasons. The Bison host No. 7-seeded East Tennessee State next weekend in the quarterfinals. ETSU rallied for a 32-31 victory against Kennesaw State in the second round. The Bison had an opening-round bye and have won 36 consecutive games coming off open weeks. NDSU has a 29-1 record in the Fargodome during the FCS playoffs.

The Bison rushed for more than 300 yards for a third consecutive game.

"That's an old-fashioned North Dakota State butt-whipping," said Southern Illinois head coach Nick Hill.

NDSU avenged a 38-14 road loss against Southern Illinois last February. That snapped a 39-game Bison winning streak. NDSU has an 8-0 record against Missouri

## COLLEGE FOOTBALL: GINDORFF WATCH

Crosby-Ironton graduate Noah Gindorff is a senior on the North Dakota State University football team.

In the Bison's 38-7 win over Southern Illinois in the second round of the FCS Playoffs, Gindorff led NDSU in receiving with three catches for 35 yards.

He also suffered an injury and was carted off the field.

For the season, Gindorff has hauled in 17 passes for 193 yards and two touchdowns.



Gindorff

Valley Football Conference opponents in the FCS playoffs.

Bison running back TaMerik Williams had a strong performance against the Salukis, rushing for 112 yards and two touchdowns on 17 attempts. Sophomore quarterback Cam Miller rushed for 61 yards and two touchdowns on 13 carries. NDSU rushed for 389 yards and five touchdowns on 62 attempts.

"They played with low pad level, they were fast off the ball," said Southern Illinois defensive lineman Kennan Agnew. "They moved really well. They got to the second level pretty fast, too. It was definitely one of the better O-lines we've seen all year. It made it very difficult just because of how technically sound they were."

The Bison pushed their lead to 24 points in the third quarter, scoring on the opening drive of the second half. The 6-foot-1, 225-pound Williams punched in a 1-yard run on fourth-and-goal for a 31-7 lead with 6 minutes, 29 seconds to play in the third. That capped a 75-yard march that lasted 15 plays and took more than eight minutes off the game clock.

"In the playoffs, this is what you want," Williams said. "You want to start to peak, you want to start to get into a rhythm. I feel like that's

big-time for us. The train is already rolling, it's only going to get better from here."

Bison quarterback Quincy Patterson added a 32-yard run for a 38-7 lead with 2:38 to play in the fourth quarter.

"You tip your cap to them," Hill said. "They're playing at a super high level at the line of scrimmage, especially on the offensive line. They didn't need to do really anything else but just turn around and hand it off in a couple different schemes."

NDSU started strong leaning on its efficient ground game, scoring on its first four drives for 24 points.

Williams fueled a stellar running game, rushing for 83 yards and a touchdown on 11 attempts by halftime. NDSU rushed for 219 yards on 35 carries in the opening 30 minutes. Miller added 38 rushing yards and two TDs on 10 attempts in the first half.

Miller capped the half with a 5-yard touchdown run that gave the Bison a 24-7 lead with 2:00 to play in the second quarter. That capped a 63-yard drive that lasted 11 plays.

"I thought our kids played hard," Entz said. "I thought our kids played smart."

Miller started the scoring with a 9-yard TD run that gave NDSU a 7-0 lead with 7:37 to

play in the first quarter. That completed a nine-play, 83-yard drive. The Bison took a 10-0 lead after a 20-yard Jake Reinholz field goal with 1:58 to play in the first quarter.

The Salukis countered with their lone scoring drive. Wide receiver Landon Lenoir capped the march with a 22-yard touchdown catch from quarterback Nic Baker on a fourth-and-1 play. That cut the Bison lead to 10-7 with 14:54 to play in the first half.

"At that point, you've got to get a stop ... or when it goes 17-7 you have to score right there," Hill said. "We just weren't able to do it and the main reason is because they're probably the best team in the country. I'll tip my hat to the team that's able to derail these guys because it's got to come through Fargo and that's a tough task."

The Bison countered with two more touchdowns before halftime. Williams scored a 1-yard run to give NDSU a 17-7 lead with 7:45 to play in the second quarter. That set the stage for Miller's second TD run of the half and a 17-point half-time lead.

NDSU dominated time of possession in the first half, holding the ball for more than 21 minutes. The Bison had 305 yards on 45 plays in the first half, limiting the Salukis to 120 yards on 19 plays. The Bison finished with nearly 38 minutes in time of possession.

"They dialed some things up that we prepared for, but they were physical, they were technically sound," Agnew said. "It was that simple, we pretty much got out-executed. It got away from us."



# Bama vs. Bearcats and Wolverines vs. Bulldogs

Alabama gets No. 1 seed in college football playoffs



Gary Cosby Jr. / USA Today Sports

Alabama Crimson Tide running back Trey Sanders runs the ball against Georgia Bulldogs linebacker Nakobe Dean during the SEC championship game at Mercedes-Benz Stadium on Saturday. Alabama won 41-24.

“At the end of the day, the complete victory over Georgia, the committee came out of there with a strong consensus that Alabama was No. 1 and Michigan was No. 2,” he said.

Alabama won the Southeastern Conference title on Saturday with a 41-24 victory over previous No. 1 Georgia.

Both teams finished the season with a 12-1 record. The Crimson Tide’s only loss was a 41-38 decision at Texas A&M on Oct. 9.

With its 42-3 drubbing of No. 13 Iowa on Saturday, Michigan won its first Big Ten title since 2004 and finished 12-1. A 37-33 loss at Michigan State on Oct.

30 kept the Wolverines from a perfect season.

Cincinnati did achieve perfection, running its record to 13-0 with a 35-20 defeat of No. 21 Houston in the American Athletic Conference championship game on Saturday.

Alabama is making its sixth appearance in the eight-year history of the CFP. This is the second appearance for Georgia.

On Jan. 8, 2018, Georgia had a 20-7 lead in the third quarter against Alabama, but freshman quarterback Tua Tagovailoa replaced starter Jalen Hurts and led the Crimson Tide to a 26-23 overtime win.

# Twins legends Tony Oliva and Jim Kaat elected to Hall of Fame

By Betsy Helfand  
St. Paul Pioneer Press

ST. PAUL — Tony Oliva had been waiting for this moment for more than four decades. Waiting, wondering, hoping. Jim Kaat had stopped wondering, instead opting to believe the call would ever come.

But on Sunday afternoon, both received a life-changing phone call, one letting them know they had been elected to the National Baseball Hall of Fame and would be enshrined next summer.

The two Minnesota Twins legends earned admission into Cooperstown via the Golden Days Era ballot. Both received 12 votes from the 16-person committee, good for the requisite 75%. The last time the pair had their candidacy voted on in 2014, Oliva fell one vote short and Kaat two.

“I was wondering if the phone call would come today or not, because I have a lot of people here in the house and I don’t want to disappoint them one more time,” Oliva said. “I’ve been waiting for this moment for 45 years. ... I never dreamed that something like this would happen to me, to be able to be in the Hall of Fame.”

Oliva, 83, was a three-time batting champion. During his 15-year playing career, he was an eight-time all-star. Oliva, a right fielder, was the American League Rookie of the Year in 1964, leading the league in hitting in his first two seasons. He finished his career as a .304 hitter.

After his playing career, he went on to coach for the Twins, serving on the staffs of the 1987 and 1991 World Series winning teams. He currently remains an ambassador for the organization and an analyst on the Twins’ Spanish radio broadcasts.

The call finally came in around 4:40 p.m., Oliva said, after a long last 10-15 minutes spent waiting for the phone to ring. His former teammate Kaat, in contrast, put his headphones in and turned on football and golf throughout the day, anything he could do to keep his mind off thinking about his Hall of Fame fate.

“It’s the most uncomfortable, pressurized day you can imagine,” Kaat said.

But after going through the process multiple times, Kaat had said earlier in the week leading into the vote that he would be more surprised if he got the call welcoming him to Cooperstown than if he didn’t.

“I’m very humbled and grateful. I really didn’t think this day would



Tim Middagh / The Globe

Minnesota Twins Hall of Famer Tony Oliva signs autographs in January 2020 at Jaycox Implement in Worthington, Minnesota.

ever come,” he said. “It comes as more of a gift to me.”

Kaat, 83, won 283 games over the course of a 25-year playing career. He is the Twins’ all-time leader in wins (189), games started (422) and innings pitched (2959 1/3).

He was a three-time all-star and a 16-time Gold Glove winner, finishing his career with a 3.45 earned-run average. He then embarked on a long career as a broadcaster — which continues to this day — that has won him seven Emmy Awards.

While Kaat pitched for a number of teams during his career, he spent a majority of his career with the Twins — first the Washington Senators — and he confirmed on Sunday that he will be entering the Hall of Fame as a Twin.

The two become the fifth and sixth Twins to be elected to the Hall of Fame, joining a club that includes Harmon Killebrew, Rod Carew, Kirby Puckett and Bert Blyleven. Carew was originally supposed to be part of the 16-person voting committee but was replaced this week by Blyleven. The committee was made up of Hall of Famers, executives and veteran media members and historians.

Olivia and Kaat will be inducted on July 24, 2022, alongside Gil Hodges and Minnie Miñoso — who were on the Golden Days Era ballot; two players — Buck O’Neil, Bud Fowler, who played in Stillwater in the Northwestern League in 1884 — who were on the Early Baseball Era ballot and any players who make it from the writers’ ballot.

“Sometimes, I wondered, because I’d been waiting for a long time, if it was ever going to happen,” Oliva said. “It’s something that happened today, and I don’t have the right words to express ... the way that I’m feeling.”

## SCOREBOARD

### BASKETBALL

Professional NBA Eastern Conference Atlantic, Central, Southeast, Northwest, Pacific, Southwest. College Men Big Ten Conference, Saturday's Games, Sunday's Games, Monday's Games, Tuesday's Games.

### AREA EVENTS

Monday, Dec. 6 BOYS BASKETBALL Pierz at Swanville 7:15 p.m. ... GIRLS BASKETBALL Esko at Pierz 7:15 p.m. ... BOYS BASKETBALL Crosby-Ironton at Pine River-Backus 7:30 p.m. ... GIRLS BASKETBALL Aitkin at Moose Lake-Willow River 7:15 p.m. ... BOYS HOCKEY Brainerd at St. Cloud Crush 7:15 p.m. ... GIRLS HOCKEY St. Cloud Ice Breakers vs. Brainerd/Little Falls at Essentia Health Sports Center 7:15 p.m. ... WRESTLING Hibbing, Nashwauk-Keewatin/Greenway, Pierz, Proctor/Hermantown at Aitkin 5 p.m. ... NORDIC SKIING Brainerd, Little Falls at Detroit Mountain in Detroit Lakes

### TV AND RADIO

Monday, Dec. 6 BASKETBALL: Women's college basketball: Penn State at Indiana, 5 p.m., BTN ... FOOTBALL: NFL: New England at Buffalo 7:15 p.m., ESPN ... HOCCY: NHL: Minnesota at Edmonton, 8 p.m., BSN, KKK-AM (930), KUAL-FM (103.5), KSKK-AM (1070) ... SOCCER: FIFA Arab Cup Soccer: Algeria vs. Egypt, 12:53 p.m., FS1

College Men Big Ten Conference, Saturday's Games, Sunday's Games, Monday's Games, Tuesday's Games.

Vancouver 25 815 1 1 18 60 80 Goalies—Toronto Campbell 13-4-2 (40 shots-37 saves), Minnesota Talbot 13-5-0 (42-39), A—18,568 (18,064). T—2:47.

### TRANSACTIONS

#### Sunday

Football National Football League Carolina Panthers - Fired offensive coordinator Joe Brady. NCAA Football North Carolina - Announced WR Emery Simmons has left the program and will transfer to Indiana. ... Hockey National Hockey League Anaheim Ducks - Recalled C Benoit-Olivier Groulx from San Diego (AHL). ... WDC Results 106: James Seelhammer 1-2 220: Mason Brauch 0-2 145: Grant Seelhammer 1-2 152: 6-Eli Benning 0-3 160: 4-Brandon Wheeler 1-2 170: Seth Streouing 0-2 182: 3-Koby Endres 3-1 285: Matthew Wegscheid 0-2 Next: Wadena-Deer Creek hosts Quad 5 p.m. Thursday, Dec. 9.

### HOCKEY

Professional NHL Eastern Conference Atlantic Division, Metropolitan Division, Pacific Division, Western Conference Central Division.

### WRESTLING

From Page A11 120: 2-Easton Miller 4-1 126: Max Trumpold 1-3 132: 4-Owen Carlson 4-2 138: 3-Caleb Ruhl 5-1 145: 3-Karson Kinyon 5-1, 5-Brady Ruhl 3-2 152: 3-Chance Abraham 3-3 160: 2-Korey Kinyon 5-1, 5-Colton Cain 2-2 170: 5-Earl Stockman 3-3 182: 1-Connor Tulenchik 5-0, 4-Trey Tuchtenhagen 4-2 195: 2-Corbin Knapp 4-1 220: 2-Matthew Foster 4-1 285: Payton Scott 0-2 Next: PLPRB hosts Mora and Nashwauk-Keewatin 5 p.m. Friday, Dec. 10. Staples-Motley Results 106: 2-Eli Greenwaldt 4-1 113: 5-Jack Carlson 3-3 120: 6-Turner Beachy 3-3 126: 4-Riley Reese 3-3 132: 1-Colbe Tappe 5-0, Owen Winter 3-2 138: 6-Dalton Wells 3-3, Caden Dobson 1-2 145: Jason Trantina 1-3 152: 5-Blake Neelan 3-3 220: Steven Petrich 0-4 285: Shea Labrecque 0-4 Next: Staples-Motley at Brainerd Dec. 10. BHVPP Results 106: 3-Justin Olson 3-1, Hudson Truax 1-2 113: 4-Preston Captain 2-2 120: 3-Bennet Arceneau 3-1 126: 2-David Revering 2-1, 3-Evan Jares 3-1 132: 3-Deagan Captain 3-1 138: 2-Reese Thompson 2-1, Holden Truax 1-2 145: 6-Blake Sumstad 1-3 162: 6-Justin Koehn 1-3 220: 6-Hunter Shamp 1-3 285: 6-Hunter Strom 3-3 Next: BHVPP at Sebeka Tri 5 p.m. Tuesday, Dec. 7. WDC Results 106: James Seelhammer 1-2 220: Mason Brauch 0-2 145: Grant Seelhammer 1-2 152: 6-Eli Benning 0-3 160: 4-Brandon Wheeler 1-2 170: Seth Streouing 0-2 182: 3-Koby Endres 3-1 285: Matthew Wegscheid 0-2 Next: Wadena-Deer Creek hosts Quad 5 p.m. Thursday, Dec. 9.

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