

Flag football provides outlet for local girls

Unique art project in downtown **Rochester**



Limit 1 per coupon. Limit 1 coupon per customer. MIDWEEK Valid June 21-24, 2022 at Rochester Hy-Vee stores. POSTBULLETIN

Minnesota Newspaper Association's 2022 Daily Newspaper of the Year

UNLOCK DIGITAL AT ▶▶▶ POSTBULLETIN.COM/ACTIVATE | ROCHESTER, MINN. | **TUESDAY, JUNE 21, 2022** | FOUR SECTIONS

Title IX: Barriers remain to achieve equity in sports

Women still hold fewer leadership positions

BY ABBY SHARPE Post Bulletin

ROCHESTER — Dawn Staley made history this spring when she became the first Black college head coach to win two national championships.

Man or woman, Staley is alone in that honor thanks to the title the University of South Carolina women's basketball team took home on April 3, 2022, in Minneapolis.

Staley's accolades don't end there. She's also a two-time Atlantic Coast Conference Player of the Year, a six-time WNBA All-Star, a Hall of Fame player and coach, a four-time Olympic gold medalist as a player and coach and five-time SEC

She also is one of the few Black female head women's basketball coaches

Coach of the Year.

In December, the NCAA reported a total of 73 Black female head coaches of women's basketball – making up just under 21% of women's basketball head coaches. On Division I

rosters, 2,237, or 44%, of women's basketball players are Black.

"I'm very aware of what my success represents. I'm also very aware of what my failure would represent. Black women in coaching positions are held to higher standards especially because there are so few opportunities," Staley wrote in a 2018 The Players' Tribune article called 'Where Are All the Black Coaches?' "Yet this is a sport mostly played by Black women. So how do we change that? How do we get more Black people - especially women – in head coaching positions?

"How can our sport

reflect back to young Black girls what they see in the mirror?"

The number of Black female head coaches has increased over the past five years, but the slow change is rooted in the structure of the NCAA and extends to what many refer to as the unintended consequences

of Title IX. "After Title IX was passed, the percentage of women in sport leadership plummeted," said Nicole LaVoi, the director of the Tucker Center at the University of Minnesota. "Women's sport used to be run by women in the AIAW and

See WOMEN, Page A3



Tucker Allen Covey / Post Bulletin

The lack of female coaches is just one barrier that bars women from equal access and equal opportunity in sports. Meghan Orgeman, seen here on June 11, is the head girls track and field coach for Alexandria Area High School and the first woman to be president of the Minnesota Track and Field Coaches Association.

ASKED ANSWERED

Alexandria uses food to share culture

BY JOHN MOLSEED

ROCHESTER — Tiffany Alexandria is a photographer and artist and sometimes describes herself as a reluctant chef.

She started a catering and food promotion business and brand Choochoo-ca-Chew in part to share the foods she loved to eat growing up in Taiwan.

This year's series of night markets will have more dates and begins July 2.

Why did you feel a need to start this business and focus on food here?

I like to see people's faces light up when they try new

See CULTURE, Page A3





Open your phone or tablet's camera and point it at the code below any time after 6 a.m each day to access that day's print replica.



Available even on days your print paper is not delivered!

OBITUARIES

INDEX Business **D1-2** Classifieds **B8-9** Comics C-3

Life **C1-8** Nation A4 Opinion D3-4

BY ABBY SHARPE

he day before the

anniversary of the

Martin Luther King, Jr. Park

members. The gathering told

the history of Juneteenth and

on Saturday, June 18, 2022,

was filled with community

celebrated Black culture.

The celebration also

juxtaposition: speakers told

the way for Black growth

of the barriers still blocking

and equality, while honoring

members of the new RISE for

Youth program, created by the

and the country, is now - many

acknowledge the need to help

the next generations of Black

youth succeed, but it takes

the NAACP to mastermind

NAACP and Mayo Clinic. It

illustrated where Rochester,

presented a sort of

official end of slavery,

Post Bulletin

ROCHESTER

City celebrates Juneteenth Rochester holds celebration for Black freedom, culture

NAACP Rochester branch President Walé Elegbede opens the celebration with some history about the local NAACP branch during

programs meant to do so.

the 2022 Rochester Juneteenth Celebration on Saturday at Rev. Martin Luther King Jr. Park.

"We've been around for 57 years," Wale Elegbede said of the Rochester branch of the NAACP which he is the president of. "We continue to fight hard for you, for our vision as a society in which there is no racial discrimination and hatred. And we lift everybody up through equity and social justice. That is how we achieve life, liberty and the pursuit of happiness. That is how we ensure that everybody has freedom."

W.C. Jordan, the president of the NAACP Minnesota/Dakota State Conference, read off the history of Juneteenth and the significance of the now federal holiday. Jordan told the crowd that Juneteenth "remembers the tragedy of slavery and celebrates the promise of freedom."

"There's more than one Independence Day in the



Walé Elegbede introduces members of the RISE for Youth Program members during the 2022 Rochester Juneteenth Celebration on Saturday at Rev. Martin Luther King Jr. Park. RISE is a collaborative program between Mayo Clinic and the NAACP Rochester Branch that focuses on giving greater opportunities to underrepresented youth populations as well as leadership training and long-term mentoring.

U.S.," Jordan said. "Why is Juneteenth still relevant? It's time for America to truly grapple with his legacy of slavery. In many ways, Juneteenth represents how freedom and justice in the

United States has always been delayed for Black peoples. "The decades after the

Photos by Tucker Allen Covey / Post Bulletin

end of the war would see a wave of lynchings,

See CITY, Page A3

ROCHESTER, MINN. VOL. 97, NO. 50, 30 PAGES

© 2022 Rochester Post Bulletin All rights reserved.



Sports **B1-5** Weather A7

Talk to an editor 507-285-7700 **Customer service** (800) 533-1727



Stock up now with these Summer Specials! Pricing good June 22nd - July 5th

Stop in at one of our 5 convenient locations!

HOT SUMMER DEALS



Cupcake Wines (excludes sparkling)
750ml
\$5.96



Michelob Ultra 24/12 oz cans \$21.96



1.75 **\$17.95**



1.75 **\$11.95**



Toppling Goliath
12pk
\$20.96



Leinenkugels 12pk \$12.96



12pk **\$12.96**



(excludes 93Pf) 1.75 \$14.96



1.75 \$28.95



Crook and Marker Spiked 8pk \$12.96



Tanqueray Gin LTR \$20.95



1.75 \$25.95



Michelob Ultra Seltzer 12pk \$13.96



New Belgium Brewing 12pk \$13.96



Squatters Hop Rising 12pk \$15.96



Michelob Golden Light 24/12oz can \$18.96

MIX & MATCH WINES 2 FOR \$17.00



750ml
Chardonnay, Pinot Grigio, Pinot Noir, Cabernet



New Age White 750ml



Perimeter Wines
750ml
Merlot, and Red Blend



La Vielle Ferme Rouge, Blanc, and Rose

CROSSROADS offers one-hour curbside pick up and same day delivery!

Call 507.289.0777



HOURS:

CROSSROADS & MARKETPLACE MONDAY-SATURDAY 8AM-9PM
NE, NW AND EXPRESS MONDAY-SATURDAY 9AM-9PM
SUNDAY HOURS: ALL LOCATIONS OPEN 11AM-6PM

AndysLiquor.com



From page A1

imprisonment and Jim Crow laws take root. But what followed was the disproportionate impact of mass incarceration, discriminatory housing policies, a lack of economic investment, acts of police violence and various racial profiling incidents. It is clear that while progress has been made in Black American, 157 years out of bondage, considerable barriers continue to impede that progress."

Jordan ended his speech with the famous Maya Angelou poem, "Still I Rise."

The poem transitioned perfectly to Marvellous Lasisi, Eleni Araya and Helen Girma taking the stage to discuss the RISE for Youth program, which Elegbede described as a program "designed to really help Black and

underrepresented students transform themselves from youth with potential to a competitive and empowered workforce.'

"The RISE for Youth program has been incredible. We've met many people talking about different leadership skills, mentorship, promoting ourselves, marketing ourselves, and a lot of skills that we can use in the future," Girma said. "And we're really excited about

After, Rawhi Said, the program director who also works at the Mayo Clinic College of Medicine and Science, said the RISE for Youth "program is really up our alley."

"The true intention of all of our pathways is to really attract, inspire and provide opportunities for underrepresented communities," he said. "We've always been committed to improving tomorrow with

what we have today. And so it's a huge deal for us. There's a lot of work that needs to be done. We recognize that, but we're also very proud of the things that we've achieved to this point."

And, in Rochester, history is still being made. Joyce Gibbs and George Thompson will be the first African Americans to Grand Marshal the Rochesterfest Parade on Saturday, June 25, 2022.

Culture

From page A1

things – when they're willing to try to eat something that's good. Sharing culture through food I feel like is just the best way to do it.

Everybody has to eat. It's fun to see people's faces light up either new or reminds them of their travels sometimes; that's always fun. I guess needing to cook, it's not so much just the food. Food here can be kind of bland. Some of it's not very good and I think some people just don't actually know what good food can be like. I just think it takes time, education and sharing and a welcoming space.

Did you establish the Night Market for some of those same reasons?

It's hard to share culture or tell a story without the environment being set right to do so. I think you always have a better experience if it's more of an immersive experience, you smell the smell, you see the lights, you see different scenery and you try different flavors and different foods, and that will make a bigger impact than trying one

new food. How do you think last year's Night

If you go

WHAT: Night Market WHEN: 4 p.m., July 2 WHERE:

307 E. Center St.

Market helped curate that?

I feel like last year, a lot of different comments from people were all about the sausages, when they walked towards the night market and they first see the smoke coming out of the sausage tent then they smell the charcoal then they smell the flavor of the sausage and then they get in line that's also an experience – and then they get a sausage and they take a bite of a juicy sausage. All of that combined makes a much stronger memory than if they were to buy a package of frozen sausage and then

make it themselves. I saw some social media push back about the fact that these markets aren't going to be as big as the three last year? You responded that this is the point of this year's markets. Why not repeat those big blowout events with huge attendance?

What's the intention? I think the intention is



A vendor sells sausages at the Night Market on July 17 in downtown Rochester.

if we want this market to sustain itself to be able to continue. It can't be somebody killing themselves organizing a giant event. So it has to be more chill. Markets in Taiwan and most Asian places start because vendors needed a place to sell and they just gathered. So it wasn't as much of an organized event. I would like it to go more towards that direction without a main person trying to organize all of this. It can be more organic and natural.

Rent is a big hurdle here in the U.S. You always have to pay a substantial amount to rent a space. For a lot of first-time business owners and vendors. it often can't be

sustainable.

Do you hope this is something that sustains itself that even if you're not around, is able to continue?

I hope so. I don't know if they'll be able to, but that would be magical. I think all the vendors that I have currently, if they can continue to sell and they'll hopefully use this as an incubator to eventually have a brick and mortar.

There's a sizable Asian population in Rochester, why wouldn't this be sustainable and why hasn't this already become an established event?

Well, like I said, rent is a hurdle for small start ups and vendors. But I



Photos by John Molseed / Post Bulletin

Tiffany Alexandria, founder of the Rochester Night Market.

don't know. I know there are a lot of Asians, but everybody's doing their own thing. There are people before me who tried to do events. I don't know why it didn't or hasn't gained traction.

I think part of it is that the night market is a well-known concept. It's nothing new. Everybody knows about it; they're just markets at night all over Asia.

So it's something that's already loved. You don't need to tell the whole story to Asians to get them intrigued or interested.

Asked & Answered is a weekly question-and-answer column featuring people of southeastern Minnesota. Is there somebody you'd like to see featured? Send suggestions to news@postbulletin.com.

Women

From page A1

in the early days of the NCAA. Now, men have basically gotten the opportunity to fill those positions and that has remained stagnant."

That's because a second unintended consequence is that Title IX provided a dual career pathway for men in sports, meaning "they could coach and administrate men and women, and wom were pigeon-holed into only coaching and administrating women's sport, and then they do that at less than half the

time," LaVoi said. "It's about power," she said. "Sport is a social institution that has been created by and for men. that privileges men. When women came into that space, men took

Seeing women in leadership positions allows girls to imagine themselves in the same position, as Stalev referred to in her story.

over.'

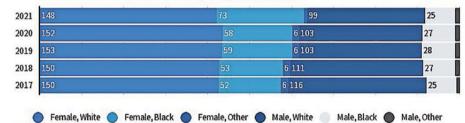
When women aren't in head coaching roles, girls inevitably don't consider a future in coaching. The opportunity doesn't seem to be there.

Meghan Orgeman recently became the president of the Minnesota Track and Field Coaches Association – the first woman ever. The Alexandria Area High School girls head track coach knows from experience how imperative representation

"A lot of times, I'm the only woman in the space, and it's just a different dynamic to navigate and it's like walking a tightrope where you have to be careful to not be too strong or too weak and you don't want to come off as bitchy or soft, so it's that double bind, that tightrope walk that you have to do just to be respected within the role," she said. "I really

am a strong believer of if

Head Coach Demographics, Division 1 Women's Basketball



you can see her, you can be her."

Source: NCAA

Her runners are buying into that as well. They look up to Orgeman, calling her "moach plus coach. The athletes respect her for being a friend and mentor, while also pushing them out of their comfort zone in order to grow.

And, because of Orgeman's personal experience with being one of the only female coaches in the room, she is using her role to recruit the next generation.

"We obviously still have a problem. We obviously still have some work to do. Our girls obviously aren't seeing as many female leaders as they're seeing male leaders and that's where we have to try to grow," Orgeman said. "I talked to my girls all the time about becoming coaches someday, how it's the greatest, greatest job on Earth. So hoping that they'll step up when they get that chance.'

The lack of female coaches is just one barrier that bars women from equal access and equal opportunity in sports. Another barrier is one that's taken the nation by storm. It's the eligibility of transgender females to participate in women's sports.

The argument by many Republican lawmakers to ban transgender women and girls from sports takes a nuanced, complicated argument and turns it into a hot-button, blackand-white issue.

A GRAY AREA Since 2020, lawmakers nationwide have

introduced bills with

similar calls to "save

women's sports." Eighteen states have enacted a law or issued an executive order that bar or limit transgender women and girls from participating in female sports. (Some of these bans are halted because of ongoing litigation.) Minnesota does not have a state law barring transgender participation.

LaVoi called the issue of transgender athlete participation a gray area and a question that "is

highly contested." 'But right now, with the lack of concrete scientific evidence, you've got one end of people that are definitely saving transgender athletes should be excluded from sport, hard stop. And over here, you've got transgender athletes should be able to compete with whatever gender they identify with full inclusion, and a lot of in between," she said. "So how this plays out in the court of public opinion, legally, ethically, what's fair, what's right, what's moral, what can be enforced - I mean, there's so many aspects to this. It's very complicated.'

Jennifer Winter, the chair of Rochester Pride, pointed out that the NCAA amended its position on transgender athletes to be on a sportby-sport basis, rather than a rule that applies across the board, partially because the association realized the complexity of the question at hand.

"A lot of the data shows that [transgender athletes] don't have an increased advantage. It's really complicated," she said. "I think it's a nuanced

issue. And I think wanting

to make these sorts of

broad bans just ignores the reality of the actual nuance of the issue."

Legally, there isn't a

federal precedent to cover transgender athletes. The Biden administration clarified the language of Title IX to include discrimination based on gender identity and sexual orientation, but the Supreme Court hasn't heard a case to yet rule on

the coverage of Title IX. "When the word sex appears in an antidiscrimination law, that includes transgender people, and the court's reasoning would be the same reasoning as it would be in Title IX – you can't really discriminate against a transgender person and have that not be discrimination based on sex," said Jess Braverman, the legal director for Gender Justice, a St. Paul-based nonprofit that strives for gender equity.

The Equal Protection Clause in the Fourteenth Amendment also protects transgender athletes, according to Braverman.

In Minnesota, the state discrimination law expressly protects transgender people. Because of that, "we would argue that discrimination against athletes is prohibited here," Braverman said.

Proponents of a transgender athlete ban point to successful, elite college or professional athletes to argue why a ban is necessary. Athletes like University of Pennsylvania swimmer Lia Thomas, Harvard University swimmer Schuyler Bailar and Franklin Pierce

University runner CeCé

Telfer became targets of

those who support barring transgender athletes from competition.

"Focusing on one elite athlete is going to grab the headlines, but really what we're talking about is kids being able to play middle school volleyball with their friends," Winter said. "And when you look at it from that viewpoint, it seems like an incredibly cruel thing to exclude these kids from being able to participate with their

peers." Braverman describes transgender athlete bans in states as "problems in search of problems" because "these bills are not solutions to anything."

"The reason behind them is obviously not to save or help protect girls sports because you see in states like Minnesota, where we have trans inclusive sports, girls participation rates are actually really high," she said. "This has nothing to do with saving sports. This has nothing to do with women athletes. It's really just this fighting tooth and nail, race to the bottom to make the lives of transgender people just as miserable as possible. It's really destabilizing for a lot of people.'

HAS TITLE IX WORKED? The accessibility

of sports for girls has significantly increased since 1972. There are still plenty of shortcomings and barriers that exist more than just the previous two mentioned.

First, it's important to recognize that Title IX has worked well for some groups of girls, but not others. "For white, middle- to

upper-class girls, it's really worked well," LaVoi said. "For other groups of underserved girls, it hasn't worked as well. We have some room for

improvement there. Female athletes at high schools where the majority of students are Black or Hispanic have only 67% of the

opportunities to play

sports that their male

peers have, according to a study compiled by the Women's Sports Foundation. Comparatively, at heavily white schools, girls have 82% of the opportunities

that boys have.

There is also a disconnect between how Title IX is viewed when looking at different races. Women of color have faced racism and discrimination in the U.S. for decades, so there are additional barriers and inequities standing in the way of their participation in athletics than there are

for white girls. This series also didn't touch on equal participation and access for girls and women with

disabilities.

Women across the country acknowledge the strides that still need to be made. According to a poll released June 15, 2022, by the Associated Press-NORC Center for Public Affairs Research and the National Women's History Museum, 50% of women said only some progress has been made toward gender equality in the U.S. About a third of women surveyed, 37%, said a lot of progress has been made compared to 61% of men who said the U.S. has made a great deal of progress.

Fifty years is both a long time to push for change and a short time to realize it. For LaVoi, though, it's important that all understand the importance of the groundbreaking legislation.

"We just have to realize that while Title IX has created a lot of social change, it's constantly under attack," she said. "We have to remain vigilant that it's not undermined because there's a lot of energy right now in undermining the rights of women and their bodies and their access to equality, and Title IX is a part of that."

This is part three of a threepart series for the 50th anniversary of Title IX.

EU diplomat: Grain blockade is war crime

BY SABINE SIEBOLD AND CHARLOTTE VAN CAMPENHOUT

BRUSSELS — Russia is committing a war crime by blocking the export of millions of tonnes of Ukrainian grain, the European Union's foreign policy chief said on Monday as EU foreign ministers met to discuss ways to free up the crop amid a global food crisis.

Ukraine is one of the top wheat suppliers globally, but its shipments have stalled and more than 20 million tonnes of grain have been trapped in silos since Russia invaded the country in February and subsequently blocked its ports.

Russia denies responsibility for the food crisis, blaming it on Western sanctions imposed on Moscow that have led to a jump in global food prices and warnings by the United Nations of hunger in poorer countries that rely heavily on imported grain.

EU foreign policy chief Josep Borrell called on Russia to

open up the Black Sea routes crucial for exporting any larger quantity of Ukrainian grain.

"One cannot imagine that millions of tonnes of wheat remain blocked in Ukraine while in the rest of the world people are suffering hunger," he told reporters as he arrived for the talks in Luxembourg. "This is a real war crime."

Russian Foreign Minister Sergei Lavrov said on June 8 that the onus was on Ukraine to solve issues with grain

shipments by de-mining the approaches to its Black Sea ports, and that Moscow needed to take no action because it had already made the necessary commitments.

The EU supports efforts by the United Nations to broker a deal to resume Ukraine's sea exports in return for facilitating Russian food and fertilizer exports, but that would need Moscow's green light.

Meanwhile, Germany and other countries are working on

enabling grain transport via land routes to release at least some of the crop as the new harvest is starting while part of the old harvest is still sitting

in Ukrainian silos. Kyiv harvested a record 84 million tonnes of grain in clean weight in 2021, up from

65 million tonnes in 2020.

This year, farmers have sown 14.2 million hectares of spring grains, down from 16.9 million hectares in 2021 because of the Russian invasion, according to Ukraine's agriculture ministry.

What to expect in today's hearing

Focus on Trump campaign effort to pressure state officials

BY JANON FISHER

New York Daily News

The January 6 select committee will present testimony today on how former President Trump launched a campaign to pressure state election officials through lawsuits, political pressure and direct phone calls to overturn the 2020 presidential election, Rep. Adam Kinzinger, (R-Ill.)

Kinzinger appeared Sunday on ABC's "This Week with George Stephanopolous" to talk about the committee's work, revealing that he — one of only two Republicans on the panel - and his family had received a death threat several days ago.

The committee meets today at noon Central time to hear from witnesses who saw firsthand how the former president's campaign tried to undermine the certification of Joe Biden as the 46th president.

Today's forum will likely highlight testimony on how former Energy Secretary Rick Perry reportedly sent a text message to White House Chief of Staff Mark Meadows to launch an "aggressive strategy" to keep Trump in

Perry's plan was to have states with Republican-led legislatures that had not declared a winner install their own electors who would rule Trump the winner, according to a leaked text message

"Why can t [sic] the states

of GA NC PENN and other R controlled state houses declare this is BS (where conflicts and election not called that night) and just send their own electors to vote and have it go to the SCOTUS," according to the text obtained by CNN.

The former president's son Donald Trump Jr. was also in on the gambit, according to texts revealed by the House

"Republicans control 28 states Democrats 22 states. Once again Trump wins," the president's son texted to Meadows, "We either have a vote WE control and WE win OR it gets kicked to Congress 6 January 2021.'

At the same time, the Trump campaign began to file a rash of lawsuits in state courts across the country, challenging the voting results. That effort, led in part by former New York City Mayor Rudy Guiliani failed almost immediately.

In addition to the litigation, the ex-president called Michigan lawmakers who had certified the election and asked them to rescind their votes. His campaign attempted to have Michigan voting machines seized.

In Georgia, Secretary of State Brad Raffensberger, who oversaw that state's election, fielded the now-infamous call from Trump in which he pressured the official to "find" him just enough votes to ke Riden in the state

"I just want to find 11,780



Drew Angerer / Getty Images / TNS

U.S. Rep. Adam Kinzinger (R-III.), left, and Rep. Jamie Raskin (D-Md.) listen Thursday during the third hearing by the Select Committee to Investigate the Jan. 6 Attack on the U.S. Capitol in the Cannon House Office Building in Washington, D.C.

votes," Trump told him on a recorded call.

On "This Week," Kinzinger said he believed the effort by Trump and his inner circle rose to the level of criminal acts.

"I certainly think the president is guilty of knowing what he did, seditious conspiracy, being involved in these," he said.

Kinzinger said that next week the testimony will show "how much the president was involved in the lead-u to Jan. 6."

"The president knew what he was doing. There was a plan," the Illinois Republican

Last week, the January 6 Committee heard testimony regarding pressure on Vice President Mike Pence to halt the certification of the election by Congress.

There was testimony that in heated calls to the vice president, Trump called him a "wimp" and other derogatory terms for not carrying out the

Pence maintained that he did not have the authority to

"He had a chance to be frankly historic, but just like Bill Barr and the rest of these weak people, and I say it sadly because I like him, but Mike did not have the courage to act," Trump said during a recent speech to a conservative Christian group.

© 2022 New York Daily News. Visit nydailynews.com. Distributed by Tribune Content Agency LLC.

Japan court upholds ban on same-sex marriage



Kyodo / via Reuters

Plaintiffs hold hands March 17 outside Sapporo district court after a court ruling on the legality of same-sex marriages in Sapporo, Hokkaido, northern Japan.

BY ELAINE LIES

TOKYO — A Japanese court ruled on Monday that a ban on same-sex marriage was not unconstitutional, dealing a setback to LGBTQ rights activists in the only Group of Seven nation that does not allow people of the same gender to marry.

The ruling dashes activists' hopes of raising pressure on the central government to address the issue after a court in the city of Sapporo in March 2021 decided in favor of a claim that not allowing same-sex marriage was unconstitutional.

Three same-sex couples — two male, one female — had filed the case in a district court in Osaka, only the second to be heard on the issue in Japan.

In addition to rejecting their claim that being unable to marry

was unconstitutional, the court threw out their demand for 1 million yen (\$7,400) in damages for each couple.

"I actually wonder if the legal system in this country is really working," said plaintiff Machi Sakata, who married her U.S.citizen partner in the United States. The two are expecting a baby in August.

Japan's constitution defines marriage as being based on "the mutual consent of both sexes." But the introduction of partnership rights for same-sex couples in Tokyo last week, along with rising support in opinion polls, had raised the hopes of activists and lawyers for the Osaka case.

The Osaka court said that marriage was defined as being only between opposite genders and not enough debate on samesex marriage had taken place in Japanese society.

"We emphasized in this case that we wanted same-sex couples to have access to the same things as regular couples," said lawyer Akiyoshi Miwa, adding that they would appeal.

Japanese law is considered relatively liberal in some areas by Asian standards, but across the continent only Taiwan has legalized same-sex marriage.

Under current rules in Japan, members of same-sex couples are not allowed to legally marry, cannot inherit each other's assets such as a house they may have shared — and also have no parental rights over each other's children.

Though partnership certificates issued by some municipalities help same-sex couples rent property together and have hospital visitation rights, they do not give them the full legal rights enjoyed by heterosexual couples.

STBULLETIN IF IT MATTERS TO YOU, IT MATTERS TO US

GOT A NEWS STORY?

Call the newsroom at 285-7700 After 5 p.m. 1-800-562-1758, ext. 17700 Or send an email to news@postbulletin.com Or send a fax to 285-7772

GOT A SPORTS TIP?

Call the Sports Desk at 285-7720 After 5 p.m.: 1-800-562-1758, ext. 17720 Or send an email to sports@postbulletin.com Or send a fax to 285-7772

GOT AN OPINION? Write to the Editorial page editor, 1700 Greenview Dr. SW, Rochester, MN, 55902 Or send an email to letters@postbulletin.com Or fax a letter to 285-7772

credited to our Newspapers in Education Program. A subscription may be restarted within 30 days to utilize any balance remaining on the account per the customer's request.

WANT TO SUBSCRIBE?

Call 285-7676 or 1-800-562-1758 8 a.m.-6 p.m. Monday-Thursday and 8 a.m.-4:30 p.m. Friday.

Delivered via U.S. Mail:

Tuesday & Saturday Mail Delivery + Digital All Access \$291.49 for 52 weeks or \$161.98 for 26 weeks All print subscriptions include unlimited digital access. \$9.99 per month Digital

WANT TO PLACE AN AD?

To place a display ad,

WANT TO PLACE A CLASSIFIED? Call 1-866-665-2323

WANT TO PLACE AN OBITUARY? Call 285-7700 or

1-800-562-1758

DIDN'T RECEIVE YOUR PAPER?

Call 285-7676 or 1-800-562-1758 and we'll make it right.

READER FEEDBACK: readerfeedback@postbulletin.com

OFFICE: 1700 Greenview Dr. SW,

Rochester, MN 55902 **PHONE:** 285-7600 HOURS: 9 a.m.-5 p.m. Monday-Thursday and 9 a.m. to noon on Friday

Single Copy: \$3.00 Tuesdays & Saturdays

POSTMASTER: Send address changes to: Post Bulletin, PO Box 6118 Rochester, MN 55903-6118 Rochester Post Bulletin is a Forum Communications Company Newspaper published twice weekly on Tuesdays and Saturdays. USPS #467960. Periodicals postage paid at Rochester, MN 55901.

What new liquor laws mean for businesses — and consumers

Local ordinances will need to change to reflect the new state law

BY JESS FLEMING

St. Paul Pioneer Press

ST. PAUL — Minnesota still has a long way to go before our liquor laws are caught up with those of other states.

But a law passed a few weeks ago that loosens some restrictions on what breweries and distilleries can sell from their cocktail rooms and taprooms is "a good start," according to business owners.

What does this new law mean for you, the consumer?

It means that you'll be able to buy one full-size bottle of spirits at your local distillery. It means you will finally be able to get that beer-hall-only beer you fell in love with in a to-go format.

It also means that smaller breweries, should they choose to do so, can sell you fourpacks and six-packs of cans instead of larger format growlers or crowlers.

Basically, it means more options. Not all the options that other states have, but more.

We chatted with movers and shakers in the industry, who have a lot to say about how this will affect their bottom line, their capacity to grow and their ability to connect with consumers.

As for the timeline of increased options, stay tuned. Local ordinances need to change to reflect the new state law. Minneapolis and St. Paul have both fast-tracked those changes, but it still takes time for new city

SUCCESS WAS PUNISHED

For Jamie MacFarlane, co-owner of Castle Danger Brewery in Two Harbors, Minn., it's been a long two and a half years of telling customers that she couldn't sell them growlers of beer to take home.

The brewery passed the previous 20,000-barrelper-year threshold for being able to sell growlers in October 2019.

"I don't know any other business out there that once you reach an arbitrary number you have to stop," MacFarlane said. "Our businesses were definitely getting punished."

That limit has now increased to 150,000 barrels, which means that every craft brewery — even the bigger players like Schell's, Surly and Summit — can sell beer to-go from its taproom should it choose to do so.

"You know, the biggest thing for this is that our bartenders are finally able to say, yes, you can take our beer home with you," MacFarlane said. 'The last two summers have been brutal with people coming in and asking if they can get a growler and our bartenders having to explain Minnesota liquor law to tourists from other states.'

But besides being a convenience for tourists, selling beer to go from the taproom contributes a significant amount to the brewery's bottom line.

Growlers had been 30% of our taproom revenue," she said. "It's a cash flow thing for our business.'



Forum News Service file photo

Growlers are being filled at Castle Danger Brewery in Two Harbors, Minnesota.

before this law was passed, there were five craft breweries in the country that weren't allowed to sell beer to go — and all five were in Minnesota.

As for next steps, she and others would like to see the size of allowable crowlers (large cans) changed from 750 ml to whatever the breweries see fit. Apparently, when the law was originally made, there was a small brewery in the northern part of the state packaging his beer in 750-ml bottles, and he got that written into the law. But no other states have similar restrictions, and manufacturers mostly make 32-ounce crowlers.

Finding that legal size has gotten increasingly difficult with supplychain issues surrounding aluminum. So much so that Castle Danger isn't even attempting to add crowlers to its to-go lineup at the moment.

HANDSHAKE DEAL

It might be a while before MacFarlane and others can ask for more changes to liquor law in the state, though.

That's because the craft brewers and distillers guilds made a handshake deal with distributors that they would not return to the legislature seeking new liquor rules for five years.

Bob Galligan, director of government and industry relations for the Minnesota Craft Brewers Guild, said that is about how long it usually takes to get major liquor bills any traction, anywav.

"Part of it for us is that anyone who knows liquor laws in Minnesota knows it isn't happening in a year," he said. "It's just a very slow process in Minnesota.'

He said that for the most part, guild members are very happy with the new law, even if there are things they still would like to see changed.

'We met in the middle and negotiated this bill," Galligan said. "Having all stakeholders happy is the goal, and if this law is really changing things for our membership, we

will have no need. "As things stand in the current environment, we're willing to take some time and collect some data as to what this has brought into the

That doesn't mean the

organization's work is done. There are other changes that the group will be eyeing down the

Brewpubs, for instance, have been largely left out of the conversation. Brewpubs can serve wine and liquor, but they cannot distribute their product outside of selling growlers. Many of them would like to see that change. They'd like to be able to sell four- or sixpacks of beer from their taprooms, but also in retail stores.

And eventually, Galligan said, everyone would like to see production caps lifted, so that no matter how successful a craft brewery is, they can still sell beer from their taprooms, in any container they see fit.

'We all knew what the laws were when we opened our businesses, but as businesses change the laws need to change," Galligan said.

Phone and Internet Discounts Available to CenturyLink Customers

The Minnesota Public Utilities Commission designated CenturyLink as an Eligible Telecommunications Carrier within its service area for universal service purposes. CenturyLink's basic local service rates for residential voice lines are \$15.96-\$27.50 per month and business services are \$34.61-\$48.61 per month. Specific rates will be provided upon request.

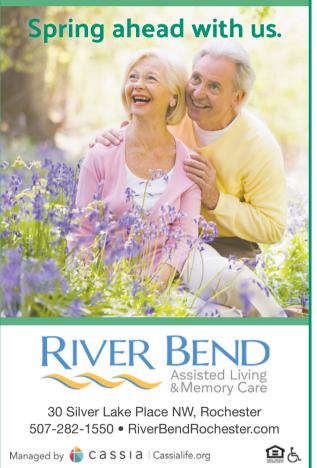
CenturyLink participates in a government benefit program (Lifeline) to make residential telephone or qualifying broadband service more affordable to eligible low-income individuals and families. Eligible customers are those that meet eligibility standards as defined by the FCC and state commissions. Residents who live on federally recognized Tribal Lands may qualify for additional Tribal benefits if they participate in certain additional federal eligibility programs. The Lifeline discount is available for only one telephone or qualifying broadband service per household, which can be on either wireline or wireless service. Broadband speeds must be 25 Mbps download and 3 Mbps upload or faster to qualify.

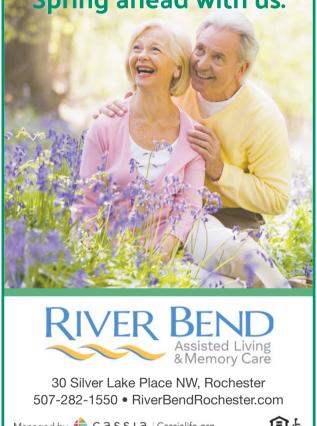
A household is defined for the purposes of the Lifeline program as any individual or group of individuals who live together at the same address and share income and expenses. Lifeline service is not transferable, and only eligible consumers may enroll in the program. Consumers who willfully make false statements in order to obtain a Lifeline discount can be punished by fine or imprisonment and can be barred from the program.

If you live in a CenturyLink service area, please call 1-800-201-4099 or visit centurylink.com/ lifeline with questions or to request an application for the Lifeline program.











Sharing their roots

Southeast Minnesota farm expands land access for immigrant, newly emerging farmers

BY HANNAH YANG MPR News

NORTHFIELD, Minn. — On a windy day outside in rural Northfield, Minn., a group of farmers from Sharing Our Roots in T-shirts and jeans walk through the rows of a neatly plowed field. New growth pokes through the soil, while in the distance sheep and lambs are grazing in a pasture that's been restored as a result of attempts to improve topsoil health.

Though it's been around for about 17 years, nonprofit Sharing Our Roots is trying something new this year. It's creating a support system for beginning and newly emerging farmers and BIPOC farmers. It also teaches regenerative agriculture techniques while also addressing food insecurity within southern Minnesota.

Executive Director Rocky Casillas Aguirre said Sharing Our Roots opened up all of its 100 acres this year to prospective farmers in the area.

"Land access is the single largest barrier to emerging farmers and farmers of color," Aguirre said. "A lot of these farmers can't afford land in this area and maybe have farmed in other places, but not with long-term lease." He said for farmers to

have food sovereignty — the right of people to have healthy and culturally appropriate food produced through ecologically sustainable methods, and the right to define their food and agriculture systems they need land.

So, Sharing Our Roots acts as a homebase for farmers for as long as they want to be a part of the project. Some move onto purchasing their own land and growing their business enterprise. Others stay and continue feeding their families right off the land.

This is Elkana Abobo's second planting season with Sharing Our Roots. He grows tomatoes, sweet potatoes and corn. He also planted traditional Kenyan vegetables, such as managu, African nightshade and chinsaga, or African spider flower as it is sometimes called in the

"It's not easy to get in the market," Abobo said. "Unless the Africans have planted them, harvested them and they have enough they can take to the market and sell them there.'

Abobo's neighbors in the plot are Araceli Baez and Vicky Agapito from Veracruz, Mexico. They're busy planting onions, tomatoes, cilantro, beans, flowers and jalapeno peppers. Baez said that the types of plants they grow taste different from what they even find at their local store.

Mostly, Baez said that she was more excited about being able to be outside with their friends after two years of isolation during the COVID-19 pandemic and that they're growing

food together. "Everything is natural and organic," she said. "Organic food is more expensive, here we plant everything. It's not too expensive for us because we're here, everything [is] here."

Executive Director Aguirre said by removing barriers, the farmers can have a voice in what foods they eat and grow, which is essential in addressing long-standing disparities in rural food systems.

"If you don't have long term access to a space, you can't really invest in that space, or have any sense of stability to be able to grow a business," he said. "To give them that sense of security and stability, to be able to do something for themselves and be able to build wealth or equity from the work that they're doing.

Lack of food access in southern Minnesota disproportionately affects immigrants, BIPOC and lowincome families. From conversations with community members, Aguirre said Sharing Our Roots identified reliable transportation, language barriers and high costs of groceries as common problems they encounter in food access

Supplying the land, support and resources, the farmers are empowered and take care of the rest.

"Our community can feed itself," Aguirre said. "There's no need to do any importing or exporting of food. We can all grow it here. It's just a matter of putting capital and resources in the right places and for us right now, it's really empowering families to be able to produce their own food. The demand for access

to healthy foods was seen especially during the COVID-19 pandemic. Sharing Our Roots focused on producing and distributing healthy foods to families in five Northfield-Faribault neighborhoods. Volunteers planted culturally specific foods on the farm, and during the summers, made

weekly deliveries. During the last two years, Sharing Our Roots delivered more than 2,250 pounds of vegetables to more than 200 households and more than 1,000 pounds of

chicken to residents. The new farmers also learn conservation practices to help restore soil health and water quality. Aguirre said it's part of the effort in reversing the effects of climate change through reducing greenhouse gas emissions, reducing flooding and healing ecosystems affected by industrial agriculture.

"Before Sharing Our Roots purchased this land, it was conventional corn and soybeans for like 20 or 30 years," he said. "So it looked just like every other farm in this area. Some of my work has been to document the return of wildlife to this space, which is an indicator that our regenerative practices do help with land restoration.

There are 14 farmers in this year's cohort, working and cultivating the land, as well as raising livestock such as cows and chickens. Another group of local farmers are also raising sheep to rent out to power companies to eat weeds on solar farms.

Working together in the plots helped the group members build a community. Were it not for this project, the

farmers would never have met. Elkana Abobo said not only did he make

friends, but he's able to

SCAMMED OUT OF \$7K BY BITCOIN FRAUDSTERS ROCHESTER — A

62-year-old Rochester woman sent \$7,000 to a bitcoin account after a caller told her she may be arrested for money laundering, according to Rochester Police Capt. Casey Moilanen. According to

LOCAL BRIEF

ROCHESTER WOMAN

Moilanen, the woman received a call around 10:30 a.m. June 16, 2022, that there had been fraudulent charges on her bank account from

Amazon. The woman told them she had not made any purchases on Amazon and the caller offered to speak to her bank on her behalf.

The woman later received a call from someone representing themselves as a commissioner with the Federal Trade Commission who told her her identity was stolen. The caller told her he could assist her but that she would have to move her money to prevent it from being stolen. The caller also

told her she could be charged with money laundering and sent her a "warrant" for her arrest.

The woman was instructed to withdraw \$7,000 from her bank and deposit it into an account in a Bitcoin machine at a gas station in Rochester. After doing so, the woman became suspicious and called law enforcement.

Contact public safety reporter Mark Wasson at mwasson @postbulletin.com

EVERY DAY: Answer Man

The Master of Minutiae. The Titan of Trivia. The Sultan of Thought. No question is too big or small, obvious or obscure, silly or serious for the One Who Knows It All, the P-B's Fount of Facts, the one and only Answer Man

FOR CONVENIENT HOME DELIVERY OR ONLINE ACCESS, CALL 507-285-7676

HOBBY LOBBY

FIND A LOCATION NEAR YOU OR SHOP ONLINE AT HOBBYLOBBY.COM STORE HOURS: 9 A.M. - 8 P.M. • CLOSED SUNDAY PRICES GOOD IN STORES MONDAY, JUNE 20 – SATURDAY, JUNE 25, 2022.
PRICES GOOD ONLINE SUNDAY, JUNE 19 – SATURDAY, JUNE 25, 2022.
SOME ADVERTISED ITEMS NOT AVAILABLE ONLINE. SALES SUBJECT TO SUPPLY IN STOCK. AD DOES NOT APPLY TO PRE-REDUCED ITEMS



provide for his family.

dreams of building on

One day, Abobo said, he

the skills he learned and

earned from farming at

Sharing Our Roots, and

building his wealth. One

'The experience that

I'm learning here is that

to empower other people,

we can supply also to the

and we can be able to

have enough food that

communities," Abobo

said. "Also, we can sell

and save some money."

day, he aspires to own a

farm of his own.

Glass Department and craft glass containers Does not include craft stained glass

Decorative Lanterns, **Birdcages & Terrariums**

& Pottery Decor
Does not include "Your Price" items

Ceramic, Resin

HOME DECOR 50% **FEATURING TABLE DECOR**

Categories Listed

Wicker Department Decorative storage, boxes trays, metal & cloth

Metal Table Decor Enamel & galvanized decor Includes Crafts Department **Decorative Table** Clocks, Spheres & Globes

Lamps

JULY 4TH

Floral Containers & Vases Ceramic, glass, pottery, resin, wood & metal

Does not include "Your Price" items **Wooden Table Decor**

& Plaques



July 4th items are not included in Home Decor sale.

REWARD POINTS ARE DELAYED AND INCONVENIENT DISCOUNTS. WE HAVE THOUSANDS OF PRESENT-TIME DISCOUNTS EVERY WEEK.



WEDDING 50% Categories Listed

All Items Labeled Studio His & Hers[®]

Ribbon, bows, tulle & deco mesh in our

Wedding, Floral and Fabric Departments

Invitations, toasting glasses,

Ribbon & Trims by the Roll

ring pillows, bouquets and more



FURNITURE Selection will vary

Select Group of

Home & Party Decor, Crafts, Fabric

Fashion Items in Tableware, Garden, Wall Decor, Home Decor, Storage and More

Items Labeled

THE SPRING SHOP®



Every skein, brand, Does not include thread and floss



Yarnology® Knit & Crochet Tools & Notions 50%

Gildan® Youth Always T-Shirts 2 aa and Adult T-Shirts Marked price*

T-Shirts
Always 30% off the marked price* 30% Includes Youth and Adult Short-Sleeve T-Shirts Baseball & Long Sleeve T-Shirts, Sweatshirts,

\$4.27 Infant & Toddler T-Shirts and Creepers Bandanas Does not include Cricut® branded apparel Marked

Tulip* Products
Does not include
"Your Price" items

Your Price"

Bibles, Devotionals, Gift Books and Children's Books **ALWAYS**



Most Categories Listed

All Paper Napkins & Plates Solids & Prints

Includes Solid & Prints All Rolled Basket & Gift Wrap

Candy Wafers 12 oz bag

12" Balloons 🚪 25 Count



FRAMES 50%

Wall Frames

portrait frames

Photo Frames Our entire selection of basic & fashion table frames

Collage Frames **Ready-Made Open Frames**

Shadow Boxes, Display

Cases & Flag Cases



CRAFTS 30% Candle Wax, Candle Gel, Mosaic Tiles, Gems,

Soap Blocks & Bases **Leather and Leather Kits**

Priced \$4.99 & Up

Individual Diamond Dotz® Includes open stock & sampler pack

Chips & Stones

PAPER CRAFTS 40% Categories Listed

Planners & Planner Stickers

by The Happy Planner®

The Paper Studio* Vinyl Single Sheets, Rolled Vinyl & Iron-On

Tim Holtz

Products

and Agenda 528 Sizzix*, Momenta*

& Spellbinders* **Die Cutting Products** Does not include machines

Rubber Stamps and Ink Pads Includes Clear, Cling

All Punches &

Punch Sets

Cricut Maker®

ART SALE

Single & Packaged Brushes. Artist Pads &

Sketch Books, Art Canvas & Panels, Tube & Jar Paints, Mediums and Art Tables & Easels Does not include "Your Price" items

Master's Touch® Art Sets Acrylic, Oil, Watercolor Pencil & Pastel Pens, Markers

& Pencils

Super Value Pack Canvas 8x10 - 10 pack ALWAYS *Marked price \$19.99 11x14 - 7 pack 12.99 per pack

EWELRY MAKING 50% Categories Listed



Strung, Tubed & Packaged Beads by Color Gallery™, Bead Treasures® and Includes Beads, Flatback and

Hotfix Crystals by Preciosa® Bead Design Co.™

Bulk beads & gems in a variety of materials Charms by Charm Me[®]

Pendants, beads and filigrees

Bead Stringing by On-A-Cord*, On-A-String™ &

inspired by world travels



Fiskars® and Singer® Sewology* Sewing Notions

Home Decor Pillow Covers

FABRIC

Categories Listed

Ribbon, Trim & Tulle Spools Does not include tulle sold by the yard or Seasonal Department

> Home Decor & Apparel Trim By the Yard

competitors' prices. FREE QUOTES

See our Great Selection.

Satisfaction Guaranteed







Always 50% off the marked price* Applies to frame only. See store for details.

Compare our prices to our

*Discounts provided every day; marked prices reflect general U.S. market value for similar products. No coupons or other discounts may be applied to "Your Price" items.

StormTRACKER



Piepenburg

Ritka

Meteorologist John Wheeler

Lydia

Blume

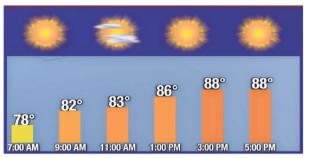
Robert Poynter

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



Telling your stories for 22 years. Pick up our latest issue or visit rochestermagazine.com

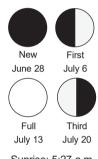
rochesto Your City. Your Magazine.



StormTRACKER Forecast

Not as hot today, but still quite warm. Highs in the 80s the rest of the work week

Almanac Through 6 p				
Temperature	9	High		Low
Sunday		92°		62°
Normal		79°		59°
Record	97° in	1913	42°	in 1916
Precipitation			In	Inches
Sunday				0
Month To Da	ate			2.68"
Departure Fi	om Avg	Month	To Date	-0.82"
Year To Dat	е			17.24"
Departure Fi	om Avg	Year T	o Date	1.84"



f @

Sunrise: 5:27 a.m Sunset: 8:56 p.m. Moonrise: 1:36 a.m. Moonset: 1:45 p.m.

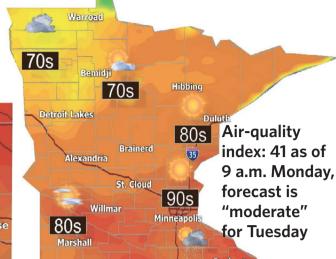
Tuesday Thursday Sunday Wednesday Friday Saturday Monday 84/64 78/60 78/60 92/72 88/68 85/68 77/58 Scattered Partly Cloudy Partly Cloudy Partly Cloudy Mostly Cloudy Mostly Sunny Thunderstorms Thunderstorms Wind: W 11 mph Wind: NW 9 mph Wind: S 8 mph Wind: S 13 mph Wind: NW 12 mph Nind: N 12 mph Wind: NW 9 mph *Average wind speed for each day

UV Index Today

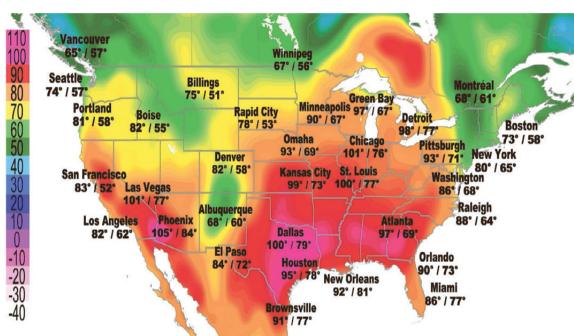
Area highs



Spring Valley



	Too	day	Tom	orrow		Tod	ay	Tomo	rrow
Regional Weather	Hi	Lo	Hi	Lo	Regional Weather	Hi	Lo	Hi	Lo
Albert Lea, MN	92	72	88	68	Mankato, MN	92	72	88	68
Duluth, MN	81	58	74	56	Marshall, MN	87	62	88	68
Eau Claire, WI	91	63	83	60	Minneapolis, MN	90	67	86	68
International Falls, MN	۱78	51	76	58	Moorhead, MN	84	58	84	66
La Crosse, WI	94	66	85	64	St. Cloud, MN	87	61	85	64
									- 3



In campaign, Jensen vents over medical board

Minnesota GOP candidate rails again Board of Medical Practice

BY BRIAN BAKST

MPR News

ST. PAUL — Republican Scott Jensen zeroed in this week on an obscure state regulatory board with jurisdiction over his medical license, telling supporters at a governor's race campaign event that he'll "take care of that juggernaut" if he wins the

Audio of Monday's meet-and-greet in Spicer, Minn. captures Jensen, a family practice doctor and former state senator, raising the repeated examination of his license as evidence of his fortitude and suggesting the Board of Medical Practice make-up is ripe

for change. When they came after me the fifth time, I said, 'Is this ever going to stop?' And I almost quit caring. I did my responses, but I said, 'I will beat you.' And right now, I'm in the ninth month of my fifth

investigation, and they're not coming back at me, they don't know what to do with me. I wouldn't know what to do with me. If I get elected in November, do you think their jobs are secure?" Jensen says to applause. "I get to appoint them. We'll have picks"

He adds, "I promise you guys we'll take care of that juggernaut."

The audio was recorded by someone in attendance and shared by the DFL Party, which is working to reelect Gov. Tim Walz. Jensen won the Republican endorsement in May and is his party's presumed nominee to face

Walz in November. Jensen hasn't been shy about disclosing the investigations into his medical license, sometimes holding it up as a badge of honor for standing firm about his beliefs. He has taken to social media to claim he is under scrutiny for

political reasons. In a video posted in October Jensen described how he was informed by letter about the mostrecent complaint filed with the board. He said it related to his call for civil disobedience over vaccine mandates, his public comments about the effectiveness of masks and suggestions he promoted alternative treatments, such as ivermectin, for

COVID-19 treatment. He disputed some of the allegations but stood by his views on masking in public settings and the potency of natural immunity against future COVID infections.

"I get to run for office if I choose. And people who want to politically weaponize the Board of Medical Practice, have at it," Jensen said toward the end of the 3-minute video. which has been viewed more than 660,000 times. "I can't stop you."

Jensen declined an interview request to

discuss his campaign remark or appointment intentions. Instead, his campaign issued a written statement that criticizes the qualifications of a Walz pick for the Board of Animal Health and pivots to issues that offer more favorable political terrain for Jensen, crime and inflation among them.

"Every Minnesota Governor, regardless of political party, has the ability to appoint individuals to legislatively established boards. This is a regular, common practice that Mark Dayton and Tim Walz used, and it will continue until the Legislature changes the law," read the Jensen campaign statement, which goes on to say he would "make sure he actually follows the law in appointing members to

state boards. After declining to speak with a reporter about the topic, Jensen posted a late-night video to Twitter in which he defends his campaign-trail remark. "For the last two years, I have been forced to live under the cloud of a constant investigation," he says.

DFL Party Chair Ken Martin issued a statement Friday calling Jensen's board focus troubling.

'The doctors who serve on the board investigating Scott Jensen are not anti-vaccine conspiracy theorists which is what makes them different from him," Martin said in a written statement. "Scott Jensen's extremism and enthusiasm for political retaliation don't belong anywhere near the governor's office.

The Board of Medical Practice has 16 members. Ten are physicians, one is an osteopath and five are public members who aren't medical professionals. All are appointed by the governor. Three reach the end of their term in January

Board members receive nominal compensation for work days and are

reimbursed for expenses. Governors have considerable latitude to fill hundreds of government posts at state agencies regulatory boards and other commissions. Most industry boards have staggered terms so entire bodies are not subject to

complete turnover in one

swoop. The Board of Medical Practice hasn't confirmed the existence of the complaints against Jensen, although he has shown correspondence from board staff in videos posted online. Jensen has said four prior anonymously lodged complaints were disposed

of without punishment. Board executive director Ruth Martinez said complaint information isn't public record. She wouldn't comment on the Jensen complaints other than to say, "I can confirm that the board has not imposed disciplinary action against the license

of Scott Jensen, MD.' On the board's website, the complaint process is

laid out. "The board receives some complaints that do not lead to action against physicians. The board cannot take action against a physician unless there is sufficient evidence to show that the physician violated Minnesota's Medical Practice Act. The board must thoroughly review each complaint before it takes any action."

MINNESOTA BRIEFS

BODIES OF 2 WORKERS FOUND IN TRENCH COLLAPSE AT ST. PAUL WORK SITE

ST. PAUL — After a St. Paul trench collapse Friday, firefighters found the bodies of two people who'd been working inside. The recovery effort lasted about 12 hours.

Firefighters were dispatched to the Highland Park construction site about 2:40 p.m. after another worker who was in the area called 911. That person attempted a brief rescue when the trench collapsed, according to Deputy Fire Chief Roy Mokosso.

"Based on the size of

boulders and type of soil, it's believed that the two individuals would have perished ... minutes after the collapse," Mokosso said.

Rescue workers extricated one of the bodies Friday night and the other about 2:30 a.m. Saturday.

The site of the collapse was in the 700 block of Mount Curve Boulevard. The workers were near an apartment building that's under construction at the corner of Mount Curve Boulevard and Pinehurst Avenue; it wasn't immediately confirmed what

type of work they were doing.

Firefighters worked to

a specialized rescue team for

collapsed structures carried out the recovery. They rotated crews in and brought in lights to work through the night. City Council Member Chris Tolbert, who represents the

area, went to Mount Curve

Boulevard as the recovery

stabilize and shore the trench.

assisted, in order "to safely do

the recovery," said Assistant

St. Paul public works also

Fire Chief Matt Simpson.

dangerous.

The recovery work was

painstaking because it can be

St. Paul and Minneapolis

firefighters who are part of

efforts were underway. He talked to some relatives of the workers who had gathered.

St. Paul Pioneer Press

22-YEAR-OLD WOMAN KILLED IN

NORTHWEST MINNESOTA CRASH GONVICK, Minn. — A 22-year-old Bemidji woman was killed and another woman was seriously injured in a rollover crash early Sunday in

Clearwater County. According to a Minnesota State Patrol report, just before 3

a.m., a 1998 Toyota 4Runner was

traveling east on state Highway

92 just west of Gonvick when

belt and was killed in the crash, the patrol said. A passenger, Kendra Platow, 29, of Shevlin, Minnesota, was wearing a seat belt, but suffered lifethreatening injuries, the patrol said, and was transferred to

the vehicle lost control and

times.

entered the ditch, rolling several

The driver of the vehicle,

Bemidji, was not wearing a seat

Morgan Avenson, 22, of

Sanford Hospital in Fargo. Gonvick is about 45 miles northwest of Bemidji and 79 miles east of Grand Forks. North Dakota.

- Forum News Service

SILVER akefoods



STONERIDGE ICE CREAM 48 oz.

SALE GOOD JUNE 22 - JUNE 28

We Reserve The Right To Limit Quantities While Supplies Last

Meat



85% LEAN FRESH GROUND **BEEF**

U.S.D.A CHOICE WHOLE BEEF **BRISKET**



NEW YORK STRIP STEAK



BONELESS PORK LOIN ROAST



HORMEL **BLACK LABEL BACON**



SMITHFIELD DICED HAM



SMITHFIELD SLICED HONEY HAM OR **BLACK FOREST HAM**

Deli Sliced Cajun Turkey **Sliced Colby** Cheese Silver Lake's legetable Pasta Salad Silver Lake's **Ham Salad**

Dairy

Frozen

-Silver Lake Foods-**APP Deal of the Week**

7UP & A&W 2 liter

LIMIT 1 WITH \$10 PURCHASE USING THE APP!

(Excludes the cost of soda pop, tobacco and lottery) **Download Our App for Great Digital Savings!**



Google Play







Produce



Fresh Strawberries 1



Whole Seedless Watermelon



Ocean Mist Celery



California Red or Black **Plums**



Fresh Avocado's



Grape **Tomatoes**

Essential Everyday, **Shredded Cheese**



Orange Juice

Groceries

Cereal



Hostess Multipacks 10-14 oz

Gatorade

8 pk.

Hefty Trash or

Tall Kitchen Bags

18-45 ct



Folgers Coffee 24-30 oz



Honey Nut Cheerios, Cheerios, Cinnamon Toast Crunch, Lucky Charms. 8-12 oz



Famous Dave's **BBQ Sauce** 20 oz



Brownie Mix 18.3 oz



Rice-A-Roni or Pasta Roni

4.9-7.2 oz



Essential Everyday Pancake Syrup



Essential Everyday Potato or Tortilla Chips



16 oz

Essential Everyday

Frozen Vegetables

16 oz





Essential Everyday

Frozen Lemonade

12 oz



Townhouse Crackers

9-14 oz.

Purex Laundry Detergent 75 oz.

Spark Sparkle Paper

Towels

6 pk



.5 liter 6 pk

Proposed 125 Live agreement sees focus land on pool use

BY RANDY PETERSEN

Post Bulletin ROCHESTER — A proposed agreement

between 125 Live and the city of Rochester has a pair of local swim organizations crying foul. 'Seniors now have

priority over youth, in direct conflict with the mission under which the Rec Center was built,' said Bill Shaughnessy, president of Rochester Swimming Inc.

He said the Rochester Swimming, designed as a nonprofit to support youth swimming and diving, was left out during two years of discussions that resulted in an agreement being presented to the Rochester City Council.

He said the group, along with the Rochester Swim Club, saw the proposed agreement for the first time on Thursday, without a chance to weigh in.

The new 125 Live agreement covers a variety of issues, from providing free space for the city's AccessABLE Recreation program to a plan for proposed renovations to an unused lower level space.

The swim organizations, however, voiced concerns starting Thursday in emails and on social media about a plan to lock in a pool schedule for 125 Live.

"The proposed contract, scheduled to be discussed at the city council meeting in a few days, (which) gives 125-Live 70 hours/

week of pool time for free," stated a Rochester Swimming Inc. post on Friday.

The 70 hours is related to the warm-water pool built when the 125 Live facility was constructed. Another 10 hours are provided in the city's 50-meter lap pool, and the organization has the opportunity to rent additional space.

The agreement leaves the Rec Center with 32 hours a week available for programming in the warm-water pool, and 68 hours in the lap pool.

The schedules largely reflect the current June schedule for pool usage, but for Shaughnessy the concern is that it locks the use in for five years, and swimming pool access remains a local challenge.

The Silver Lake Park swimming pool is currently closed for repairs, and the YMCA facility has shut down.

Sylwia Bujak Oliver, 125 Live's executive director, said she understands the swim club and others feel there's a need, but it shouldn't take away from current programming.

Additionally, she said the 50-meter lap pool frequently sits unused during times when 125 Live has activities in the warm water pool.

We can have another empty swimming pool sitting in Rochester, or we can have the community actually using this space," she said, pointing out that the majority of 125



Contributed / 125 Live

A fitness program is conducted in the warm-water pool at 125 Live.

Live uses are during school hours or when the outdoor pools are

Autumn Kappes, Rochester Swim Club CEO, raised concerns about cost in an email sent to city officials, citing more than \$13,000 in rental payments to the city for use of the pool for swim lessons and other activities, while the new agreement outlines subsidies for 125 Live.

The subsidies, however, are largely unchanged from current practice.

Rochester Management Analyst Heather Hever said 125 Live initially paid rent for use of the pools when it opened in 2016, but financial struggles changed the agreement

and the city dropped its charges to 125 Live in 2017 to ensure the center continued to operate. The new agreement

calls for up to \$119,700 in annual compensation for 125 Live, while the nonprofit drops the \$14,400 in annual rent for Rochester's AccessABLE Recreation program.

The result is a \$300 increase in the city's budget for the current year, if the new agreement is approved.

Shaughnessy said he questions the expense. "I don't think the general taxpayer is aware of all of this," he said.

Bujak Oliver said the city supports opening 125 Live for community events organized by the city, but it also helps the organization offer reduced rates to community organizations that work with underserved communities. When combined with

other programs, she said approximately 3,000 of the 4,500 members of 125 Live don't pay for access to services aimed to keep older adults active and healthy.

"They can choose not to support us," she said of the Rochester City Council. "But, our programming and services will suffer."

She said the proposed agreement with the city isn't ideal for 125 Live, but she sees it as a workable solution

Deputy City

Administrator Aaron Parrish noted as much in an email to Kappa on Thursday.

"While our goal was for everyone to come away happy with the balance that we tried to find here, it seems like we might have to settle for what is least upsetting for all stakeholders," he wrote.

The City Council will be asked to support the new agreement with 125 Live during its 7 p.m. meeting Monday, June 20, in council chambers of the city-county Government Center, 151 Fourth St. SE.

Contact local government reporter Randy Petersen at rpetersen@postbulletin.com.



Erich Fisher/ Post Bulletin

Rochester Post Bulletin digital content producer Erich Fisher tries some of the food offered at Rochesterfest.

Trying the food at Rochesterfest 2022

when I moved on from

my turkey drumstick,

I ordered two Asada

which comes with sides

beans (I held off on the

beans) — and cleaned

had all the flavor you

can ask for with being

topped off with cilantro,

onion, cheese, lime and

salsa, and the steak was

tender also. These tacos

were one of, if not, the

highlight of my day at

FOOTLONG HOT DOG,

ENGLER CONCESSIONS

I feel like a staple of

any carnival or festival is

at least one vendor that's

Rochesterfest.

the plate. The tacos

of chips, rice and refried

my next stop was El

street tacos for \$10

Carambas.

BY ERICH FISHER Post Bulletin

ROCHESTER — I've lived in Rochester for about a year and a half now, and while I've gotten to experience plenty so far in Med City, Rochesterfest is

something I've never

been able to fully take in. I briefly checked out last vear's Rochesterfest at Soldiers Field Memorial Park, but I was more of a spectator walking around for about 20 minutes without trying any of the food, or

even getting shave ice.

I wasn't about to make that mistake twice, so for Rochesterfest 2022, I took off the training wheels and dove into all the delicious food that Rochesterfest has to offer. Since I don't have a big enough stomach to grab a bite from every vendor surrounding the track and field, here is a full

list of the food vendors offered: rochesterfest. com/food.php. Now that we've gotten our introductions out of

the way let's dive into the

food I had at this year's

Rochesterfest.

SMOKED TURKEY DRUMSTICK, J&J CONCESSIONS

When I first walked onto the dirt track to start eyeing the vendors, the first thing that stuck out was a large sign advertising a smoked turkey drumstick. Now, with myself being a huge fan of barbecue and any type of food that comes out of a smoker, I naturally wandered in this direction. What I got was exactly

\$14 chunk of meat was exactly what I was looking for and tasted delicious between the finish it all, though, Rochesterfest.

tender and having a nice smokey flavor. I couldn't because there was more

sucker for street tacos. No matter the circumstances, if you ask me if I want a taco, I'm

more than likely going

to say yes. That's why

ASADA STREET TACOS,

I'll always proudly

EL CARAMBAS

admit that I'm a

as advertised from J&J Concessions. This large turkey being extremely food calling my name at

selling off footlong hot

dogs, and sure enough, Engler Concessions was doing just that for \$7. I slapped my fair share of mustard on it (looking back I should've put some relish on it too) and enjoyed a classic hot dog

that you simply can't go

Between the drumstick,

wrong with. SHAVED ICE, MINNE'SNO'DA SHAVE ICE the tacos and the hot dog, I could feel the meat sweats coming, so it was time to cool off. The best way I thought to accomplish this was walking over to Minne'sno'da Shave Ice

to get some cool treat. which is a great way to cool off in the summer. I got myself a kid-size cup costing \$5 since I was getting pretty full already, and I went with the "Darth Vader" flavor

(combination of black

cherry and blueberry)

since I'm a Stars Wars

MILKSHAKE, OLMSTED **COUNTY AMERICAN** DAIRY ASSOCIATION

For my last stop of the day, I was still looking to cool off, and opened fire at a man I found that across the walking through the field at the Olmsted County American Dairy Association truck selling off \$5 milkshakes and malts. My favorite flavor

of any form of ice cream is mint chocolate, so I went with that for my milkshake. It was a perfect way

to cap off a full day of

eating at Rochesterfest

Rochester man accused of gas station shooting held on \$1M bail

BY MARK WASSON

Post Bulletin

ROCHESTER — A Rochester man appeared in Olmsted County District Court on Monday, on charges related to a late-night snooting at a Rochester gas station parking lot.

Lionell Bailey, 38, is charged with seconddegree attempted murder, second-degree assault, possessing a firearm and a charge related to drive-by shooting. District Judge Jacob Allen ordered Bailey be held on a \$1 million bail or bond. Bailey has been in custody since his arrest Friday, June 17, in Winona.

Bailey is a registered predatory offender in Minnesota from a previous Illinois conviction for attempted sexual assault and is ineligible to possess a firearm. No lawyer is listed for

Bailey on the Minnesota court website. The Olmsted County

Attorney's Office did not immediately respond to a request for comment. Bailey's next court date is scheduled for

June 30. According to the criminal complaint:

Bailey was a passenger in a vehicle parked at a Rochester gas station when he



were reported in the shooting but law

parking lot. No

injuries

enforcement found two bullet holes located in a residence near the gas station. One bullet went through a residence window and struck the closet trim and another bullet appeared to have hit a storm door and ricocheted off.

The victim told police that he did not see who shot at him but officers tracked the California license plate to an address associated with the driver of the vehicle Bailey was in when he fired his weapon. Bailey was known to live at the residence by law enforcement, and an investigator noted that Bailey matched the description of the shooter.

Law enforcement spoke to the driver who confirmed that he was with Bailey at the time of the shooting and that Bailey had a pistol in his lap while in the vehicle.

Bailey was arrested in Winona after law enforcement tracked his phone at a location in the city.

er Mark Wasson at mwasson@postbulletin.com

Contact public safety report-



uzzles/

TV TONIGHT

06/21/20	22	HESTE	VBTER	WIN	6 РМ	6:30	7 PM	7:30	8 PM	8:30	9 рм	9:30	10 PM	10:30	11 PM	11:30	DISH
		چ چ	₹₫	₽∄						LOCAL C	HANNELS						°
CTCA	2	2	2	2	PBS NewsH	our (N)	Finding You	r Roots	Jon Stewart	t: The Mar (N	1)	VicarDibley	Nova				2
ptMN (2.2	1961	196	199	Wisconsin	P.Mosaic	MinOrigin	Minnesot	Stage		Weaving Th	e Social	Affordable	Housing	Street	Ground	17
						Malaysia		Mystery! (N	V)		Royal Palac	e Secrets	News	Amanpour/	Company	Chavis	T-
						Wild Kratts		Odd Squad		Arthur	Cyberchase		PinkaPet		Donkey	D.Tiger	-
	3	$\overline{}$	3			Wheel	FBI		FBI: Interna		FBI: Most W		News	(:35) The Lat		(:35) Corden	
	32				Mom	Sheldon	Chicago Fire		Chicago Fire			Sheldon	Access H.		Seinfeld	Extra (N)	-
	4					Wheel	FBI	-	FBI: Interna		FBI: Most W		News	(:35) The Lat		(:35) Corden	-
							Holey Mole	. /NI\	The Chase (Who Do Be			(:35) The Lat		(:35) Corden (:35) Nightl.	
						News							News				5
	6		6		News	ABC6News	Holey Mole		The Chase (Who Do Be		News	(:35) Jimmy I		(:35) Nightl.	-
		1921			5: ♥ Jesse J e				the Kid ('17))		inst a Crook			Comedian	Comedian	<u> </u>
		\rightarrow	12		KTTC News			ot Talent (N			Dancing (N)		KTTC News			(:35) Meyers	<u>- </u>
	10.2	7	7			Family Guy	SupermanLo	ois (SF) (N)	Tom Swift (Goldberg		BobBrg	BobBrg	Black-ish	Black-ish	-
&I	10.3	1791	179	-	Walker, Tex	as Ranger	Star Trek		Star Trek: N	lext Gen.	Star Trek: D	S Nine	Star Trek: V	oyager	Star Trek: E	nterprise	-
ARE (Ø	-	-	11	News	News	America's G	ot Talent (N)		Dancing (N)		News	(:35) The Tor	night Show	(:35) Meyers	11
SMO (15	13	13		Democracy		Carol Burne			SoundTap	Mona Lisa I	s Missina	PBS NewsH		Amanpour/		-
		1971				Kick Off!	DW News	The Day (N)	News	Close Up	The Day	The77	News	G 3000	The Day	Germany	<u></u>
REATE		1981			ProjectFire		Milk Street		Roadfood		Steves'	Travel	Fly Brother		Roadfood	Milk Street	-
	24		10			Wood Shop				t: The Mar (N		Dave Chapp		rume	Death in Pa		ا
ORLD (-	-		Nova	wood shop	rinaling roo	1 110013	Amazing Hu		PBS NewsH		News	Amanpour/		The Day (N)	-
		-				Marra	MasterChef	Innian (NI)			FOX 9 at 9:0		10 at 10				
	29	$\overline{}$				News			MasterChef			JU p.m. (N)		(:35) TMZ	(:05) Access	DishNat.	29
	45	-			Seinfeld	Seinfeld		Friends	Last Man		News (N)	(* 1)	2 Broke G.			Mom	45
	47					Last Man	MasterChef		MasterChef		FOX 47 Nev		DailyMail	Molly	Molly	Queens	<u> </u>
eTV (47.2	1901	190	-	M*A*S*H	M*A*S*H	A. Griffith	A. Griffith	Gomer Pyle			HoganHero	C.Burnett	Perry Maso	n	Twilight	<u> </u>
										CABLE C	HANNELS						
&E		42	42	71	Every Step	Every Step	Every Step	Every Step	Every Step	Every Step	Origins of H	lip-Hop (N)	(:05) Step	(:35) Step	(:05) Step	(:35) Step	118
ИС						an on Fire (2							orm (2000, Ac	tion) Mark W	ahlberg, Geor	ge Clooney.	131
NPL					North Wood			ls Law: Uncu			Louisiana L		Lone Star L		North Wood		184
ET					The Family		Celebrity Fa		The Family	Rucinace	To Be Anno		Kevin Hart:			Martin	124
RAVO	-				House Mian		House Mian			ousewives of		Housewives		Beverly Hill		Miami	129
MT						Last Man		Mom	Mom	Mom	Mom	Mom	Mom	Mom	Reba	Reba	166
МС					Daily Show		(:20) Tosh.0		(:55) Tosh.0	Tosh.0	Tosh.0	Tosh.0	Daily Show		:15 SouthPk		107
ISC					Deadliest C		Deadliest C				Deadliest C		Deadliest C		Deadliest C		182
!						Chrisley		Chrisley	Game Face			Mathis		Celebrity G		Sex & City	114
SPN					NHL Awards		37WordsAn		37WordsAn	nerica (N)	NBA TV Mo		SportsCente		SportsCente	er (N)	140
SPN2		32	32	26	NCAA Basel	ball Division I	Tournament	Omaha, Ne	b. (Live)		37 Words (N	1)	37 Words (N	1)	NFL Live		143
OOD		36	36	49	Chopped		Chopped		Chopped (N)	Market Sta	keout (N)	Market Stal	keout (N)	Chopped		110
REE						The Office		The Office			Fort Salem		The 700 Clu		Simpsons	Simpsons	180
ζ						oys for Life				('17) Channi	ng Tatum, Tar				Golden Circle		136
AME					Ppl. Puzzler		Says	Says	Fam. Feud		Fam. Feud		Fam. Feud		Fam. Feud	Fam. Feud	116
ALL	-					trikes Twice			Autumn Ree		G. Girls	G. Girls	G. Girls	G. Girls	G. Girls	G. Girls	185
GTV					Unsellable I		Unsellable I		Unsellable I		H.Hunt	House	H.Hunt	House	Unsellable I		112
IST					Skinwalker		Skinwalker	Ranch (N)	Skinwalker	Ranch (N)	(:05) Proof O		(:05) Skinwa		(:05) Skinwa		120
ISP						Gunsmoke	Bonanza		Gunsmoke		Gunsmoke	Gunsmoke	Wagon Trai	n		Gunsmoke	259
FE		28	28	35	Castle		Castle		Castle		(:05) Castle		(:05) Castle		Castle		108
TV		45	45	45	Catfish: The	TV Show	Catfish (N)		Secret Relat	tionship (N)	Secret Rela	tionship	Catfish: The	TV Show	Ridiculous	Ridiculous	160
EWSN					On Balance		NewsNation	n Prime (N)	Dan Abrams	s Live (N)	Banfield (N)		NewsNatio	n Prime (N)	Dan Abrams	s Live	239
GEO					First Alaska		First Alaska		Northern (N		First Alaska		First Alaska		Northern		197
ICK						SpongeBob					Friends	Friends		Friends	Friends	Friends	170
ΧY							Dateline (N)		Dateline	i i i e i u s		ecrets Uncov		i i i eiius	Dateline	Helius	
					(5:00) Datelii				Dateline		Dateline: 36				Dateline		127
ARMT						2½ Men	♥ To Be An		***	Ici Le	161 : 6	♥ To Be An		In 144	IA DID	In	241
FD						Rural News				SharkFar		Saddle Up		Rural News		Cattlemen	231
/FY											ica: Civil Wai			hris Evans.	:15 🐕 <i>Transi</i>		122
35	آلية	29	29	54	MLB Baseba	all San Francis	co Giants at	Atlanta Brave	s Site: Truist F	ark Atlanta		Post-game		Sheldon	Sheldon	Sheldon	139
LC .		55	55	41	Welcome to	Plathville	Little Peopl	e (N)	Little Peopl	e (N)			Seeking Sis	ter Wife	Little Peopl	e	183
NT						Has Fallen					ael B. Jordan.						138
RAVEL					UFO Witnes			ost Evidence		aone, mich	UFO Witnes		Mystery Mu		UFOs: Lost	Fyidence	196
VLAND										Lovos Pau			Oueens				
					A. Griffith				Loves Ray	Loves Kay	Loves Ray			Queens	Queens	Queens	106
SA					Law & Orde		WWE NXT ('s Bodyguara			(:40) Miz	105
H1		44	44	44	Wild	Wild	Wild	Wild	Wild	Wild	Wild	Wild	Wild	Wild	Wild	Wild	162

HOROSCOPE | EUGENIA LAST | TOMORROW'S HOROSCOPE

ARIES (March 21-April 19): Keep your life simple, conversations honest

$\star\star\star$

 $\star\!\star\!\star$

TAURUS (April 20-May 20): Channel your energy, and finish what you start.

GEMINI (May 21-June 20): Smile and make your entrance. $\star\star\star\star$

CANCER (June 21-July 22): Slow down, take a deep breath and plan your actions with precision and detail. ★★

LEO (July 23-Aug. 22): Set out on a discovery mission, and don't stop until you get answers. ****

VIRGO (Aug. 23-Sept. 22): Monitor what goes in and out of your financial accounts. ★★★

LIBRA (Sept. 23-Oct. 22): Think matters through. ★★★

SCORPIO (Oct. 23-Nov. 21): Look at how others do things before you decide to participate.

SAGITTARIUS (Nov. 22-Dec. 21): Don't lose sight of your objective or let someone meddle with your plans. ★★★★

CAPRICORN (Dec. 22-Jan. 19): Think before making a move or saying something you'll regret.

AQUARIUS (Jan. 20-

Feb. 18): Set your sights and mind on a challenge, and don't stop until you are happy. $\star\star\star\star$

PISCES (Feb. 19-March 20): A home improvement plan will keep you out of trouble. Don't argue with someone who doesn't see things your way. ★★★

Eugenia Last may be reached at 1-900-451-5571 or www.eugenialast.com.

THAT SCRAMBLED WORD GAME

By David L. Hoyt and Jeff Knurek

'37 Words' recalls Title IX

or the second straight ■ week, ESPN returns to a milestone. The passage of the federal Title IX education law occurred some 50 years ago, changing America.

For many, Title IX is about the increased role of women in sports. But sports are not mentioned in the "37 Words" of Title IX that provide the title of the four-part series airing over the next two Tuesdays on ESPN. "37 Words" (7 p.m. and 8 p.m.) recalls that the bill was signed to ensure that federal funding for education would not be determined by gender. This not only ensured

equal or adequate funding for women's sports in public institutions, but paved the way for equal educational opportunities for women. Most of all, it resulted in an immediate and explosive change in expectations.

As the first hour of "37 Words" makes clear, prior to Title IX, women's professional expectations were low. Up until the 1960s, fewer than 5% of medical and law students were women. Young women who did want to go to college were expected to get their "Mrs." degree and settle down to have kids.

Within a decade, this had changed radically, with female enrollment at the graduate level rising exponentially. This seismic change was mirrored on the playing field. Prior to Title IX, in the school year 1971-'72, the number of high school girl athletes was 294,015. In the 2009-2010



TUNE IN TONIGHT Kevin McDonough

school year, there were 3,127,637. That's more than a tenfold increase.

The societal impact of that surge cannot be underestimated. Women who were once on the sideline began forming and leading teams and learning skills and behaviors that would be reflected in the business management and political fields.

The 92nd Congress (1971-'72) that passed Title IX had 15 female members (two senators and 13 House members). Some of those were widows serving their late husband's terms. The current Congress (the 117th) has 146 female members another tenfold increase. There's an old British saying that "The Battle of Waterloo was won on the playing fields of Eton." It's almost a certainty that the level playing field created by Title IX has won many women a place at the tables of power, and will one day place a woman in the Oval Office.

There's nobody I know who is more likely to mention Title IX or herald its impact than my niece. Born in the mid-1980s, she went on to row on her university's crew team and is now a wife and mother as well as a major in the United States Army.

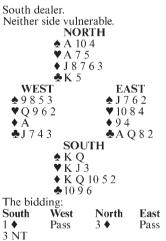
YESTERDAY'S ANSWER

LANDERS

ALGERIA

PUZZLES | JUNE 21, 2022

BRIDGE | KING FEATURES



Opening lead — two of hearts. This deal occurred in a team match. At both tables the final contract was three notrump played by South, and at both tables. West led a heart. But at one table the contract was made,

At the first table, declarer played low from dummy on the heart lead and won East's ten with the jack. South returned the king of diamonds, and after taking the ace, West shifted to a low club. The defenders then cashed four club tricks, and South went down

while at the other it was defeated.

At the second table, declarer also played low from dummy on the heart lead, but when East

C T P

Y C J

CRYPTOQUOTE | KING FEATURES

AXYDLBAAXR

is LONGFELLOW One letter stands for another. In this sample, A is used

for the three L's, X for the two O's, etc. Single letters, apostrophes, the length and formation of the words

are all hints. Each day the code letters are different.

CRYPTOQUOTE

HJLBRRBRL SGJQ TLTBR IBYC

YCTY

FVXXJQ. —

ZSRGBZYBSR YCTY

produced the ten, South won with

The second declarer recognized that if West had the ace of diamonds and East the ace of clubs, the contract would be in serious jeopardy. He reasoned that if he won the opening trick with the jack, West would almost surely shift to a club upon taking the ace of diamonds, since West would realize that there was no future in continuing hearts.

Now when declarer played a diamond at trick two, West won with the ace and led another heart He naturally thought that East had the jack, since it was difficult for him to imagine that South would win the first trick with the king if he had the jack.

The ruse having succeeded, and with the contract now firmly under control, declarer let West's heart return run to his jack and thereby recouped the trick he had given away on the opening lead to finish with 10 tricks.

Whether West should have fallen into declarer's trap is not an issue. What does matter is that the second declarer found a way to give himself an extra chance if the two missing aces were unfavorably located. He was perfectly willing to sacrifice a trick in order to increase the possibility of making the contract. **Tomorrow:** Taking care of

business.

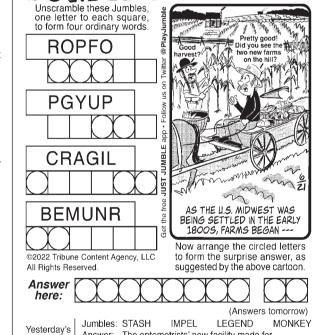
(c)2022 King Features Syndicate Inc.

ETXBNBTQ

NBEJ ITF

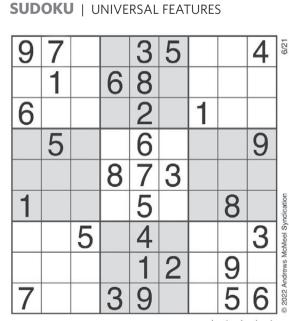
FZSYY

JUMBLE | ARNOLD AND ARGIRION



improved - "EYE-SITE"

Answer: The optometrists' new facility made for



DIFFICULTY RATING: ★★☆☆☆

Complete the grid so every row, column and 3x3 box contains every digit from 1 to 9 inclusively.

8 1 4 9 3 5 2 6 7 6 7 5 1 4 2 3 9 8 923768514 3 9 1 4 2 7 8 5 6 587396142 246851973 1 6 9 2 8 4 7 3 5 7 5 8 6 1 3 4 2 9 YESTERDAY'S ANSWER 432579681

CROSSWORD | THOMAS JOSEPH

ACROSS 1 Important times

- Old market
- 10 Sun-powered
- "Paradise Lost" figure 13 Repertory theater
- In the past
- 16 Parrot or puppy
- 17 Motor need
- 18 Toadies
- 20 Different
- 21 Publicity act 22 "West Side Story" gang
- 23 Declare
- 25 Stare in disbelief 28 From the area
- 31 Blunders
- 32 Veal serving
- 34 Overly
- 35 Fall behind 36 Congress creation
- 37 Park structure
- 40 Colorado resort
- 41 Binge
- 42 Aquarium fish
- 43 Exam

DOWN

- School paper Blush relatives
- Nearly
- Friend of Frodo

26 Incite 27 On time 29 Charm

SECRET DOERS

5 Helper: Abbr.

Arabia"

Low joints

11

19

Gangster's gun

Intolerant sort

Mend one's ways

Tourist transport

Art inspirers

Peter of "Lawrence of

30 Rent agreements

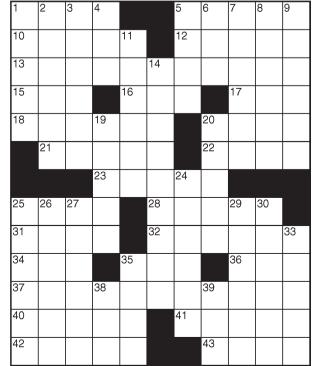
20 Toss out

24 Ruffians

25 Alludes to

- 33 Online message
- 35 Singer Horne
- 38 Sea, to Simone
- 39 Make a choice

6-21



EBYKLJQTNP Yesterday's Cryptoquote: NO ONE LEAVES HOME UNLESS HOME IS THE MOUTH OF A SHARK. — WARSAN SHIRE

Ε.

▶▶▶ POSTBULLETIN.COM

ALL-AREA GOLF

Golfers of the Year led teams to championships

BY JASON FELDMAN

Post Bulletin

Jordana Windhorst Knudsen expected the feeling to be different going into the Class AA girls golf state meet this spring, as opposed to a year ago.

After what her Lake City team did in 2021 — dominating the meet and winning the program's first-ever state championship by a whopping 44 strokes — the Tigers weren't going to be overlooked by anyone. They arrived at the Ridges at Sand Creek in Jordan last week with targets on their backs.

Those lofty expectations didn't bother the Tigers one bit, and certainly didn't bother Windhorst Knudsen, a sophomore and team leader for the now two-time state champions. Lake City won this year's meet by 39 shots—despite the meet being shortened from 36 holes to 27 due to rain and lightning delays on the final day.

"I honestly take it as an honor, that people know who we are and ... I love it. I love the competition. I play better when there's big competition," Windhorst Knudsen said after the Section 1AA meet on June 1 at Northern Hills Golf Course in Rochester. "I just want to push myself to be the best."

Windhorst Knudsen was among the best — if not the best — every time she took the course this season. She won medalist honors at the Hiawatha Valley League championships and at the Section 1AA meet, winning the latter by 14 shots over runner-up and teammate Emma Berge.

For all of her success on the course this season, Windhorst Knudsen is the inaugural Post Bulletin All-Area Girls Golfer of the Year.

The PB is naming All-Area Golf teams for the first time this spring. Windhorst Knudsen is one of five Lake City golfers to make the All-Area Teams (first team, second team or honorable mention).

She shot a 78 to win the HVL championships, then followed that with rounds of 78-77—155 to win the Section 1AA meet. She finished 11th at the state meet, shooting 82-41—123.

"Any drills we do at practice, it's always against each other and it's always a great competition," said Lake City's Ella Matzke, a classmate of Windhorst Knudsen. "Working against each other is good for us. There are so many talented players on our team that it makes us all better in the long run."

LARSON IS BOYS GOTY

Perhaps the only bullet point missing from Anders Larson's high school golf resume is the biggest individual honor of them all: state medalist.

But sacrificing individual goals for the betterment of the team has never been a problem for the Pine Island/Zumbrota-Mazeppa senior.

For two-plus years Larson was driven by one goal: winning a team state championship.

Mission accomplished.
The Wildcats' senior
standout — who is bound for
Division I Tennessee Tech
University in the fall — chose
not to gamble and attempt to
win medalist honors at the two
biggest meets of the season, in
order to ensure his team would
leave the course with the
championship trophy.

He finished as the Section 1AA runner-up, shooting rounds of 78-68—146 to finish just one shot back of Lourdes' Colton Rich. At state, Larson shot 73-72—145 to tie for third overall.

In both instances, the Wildcats walked away as team champions, and Larson couldn't have been happier.

For all of those reasons, Larson is the PB's All-Area Boys Golfer of the Year.

"It's pretty darn neat," Larson said with a wide smile, minutes after he tapped in a 1-footer to lock up the state title for PIZM. "It's pretty darn

See **GOLFERS**, Page **B2**



Traci Westcott / Post Bulletin file photo

Lake City sophomore Jordana Windhorst Knudsen won the HVL and Section 1AA championships this season, then helped the Tigers capture their second consecutive Class AA state championship.



Abby Sharpe / Post Bulletin

Nora Astorino, center, throws the football during a game on June 5 at the Rochester Youth Fields at RCTC.

Flying their own flag

Flag football provides outlet for Rochester girls to learn the game

BY ABBY SHARPE

Post Bulletin

ROCHESTER

ora Astorino has always wanted to play football. But, even at age 13, she knows that some people only think of football as a boys sport.

"Because I'm a girl, I'm not really supposed to play football," she said.

That hasn't stopped her from considering playing tackle football when she heads to eighth grade in the fall

Until then, a local flag football league this spring gave Astorino a taste of the sport. In her first season, she scored at least eight touchdowns and played multiple positions for the team that her dad, Jesse, coaches.

"I hate being quarterback, but my dad puts me as quarterback," Astorino said. "But I have a really strong

As the only girl playing in her age group, Astorino has heard other players' surprised reactions when they realize a girl is playing. She doesn't take it personally — instead, Astorino enjoys watching people's reactions when she scores

Astorino was one of 647 kids registered to play spring flag football through the Rochester Youth Football Association, an increase of 169 players from 2021.

Minnesota, and the Minnesota State High School League, haven't sanctioned flag football as an official sport. Six states — Alaska, Arizona, Florida, Georgia, Nevada and New York — are the only places in the U.S. to have official flag football teams. In the 2018-2019 school year, the National Federation of High School Associations reported 11,209 female flag football players across the country.

There are still plenty of kids who want to participate in the sport, which is why youth organizations like RYFA host flag football leagues. Concerns about the safety of tackle football, especially for young kids, has led to an increase in flag football participation.

The NFL has long supported flag football, officially kicking off its first youth flag football camp at the New England Patriots' stadium in 1994. NFL FLAG has more than 500,000 participants in all 50 states.

The Minnesota Vikings are leading the latest charge to provide flag football opportunities to girls in Minnesota. In May, the team announced a partnership with Minneapolis Public Schools to kick off a threeweek flag football season tailored to girls. The team also shared a long-term goal

to expand girls high school football to a varsity sport.

Kimberly Merino knew that she should put her kids in sports, but she didn't want to be a soccer mom. Her daughter, Penelope, wanted to play flag football after watching her younger brother play last season.

The seven-year-old has enjoyed playing — and she should, given she scored the most touchdowns for her team.

For young kids playing flag football, it's less about the passion for the game and more about trying different sports. Penelope plays volleyball and gymnastics in addition to flag football.

"They get rid of that energy that they have, being so young," Merino said. "I like them to be involved in stuff because it takes them away from being home and just being on the tablet or playing games on the phone."

But for girls like Astorino, flag football is the outlet to learn football. Though there aren't too many similarities between flag and tackle football, especially on the youth level. But flag football still provides a competitive opportunity to introduce girls to the game.

"Doing flag football is a big step for me," Astorino said. "But it will be an even bigger step to do tackle, which I really want to do."

Twins trim pitching staff down to 13 ahead of rule deadline

BY BETSY HELFAND

St. Paul Pioneer Press

PHOENIX — Rocco Baldelli's wish was to keep — or at least have the opportunity to keep — 14 pitchers on the active roster all year, and the Twins' manager wanted to make that hope known loud and clear.

"I don't ask for many headlines, but 'Manager hopeful to keep 14 pitchers,' would not be one that I would be opposed to seeing," Baldelli said in May. "Please put that out there somewhere."

But despite his hope, the day has finally come: After Sunday, teams will no longer be able to carry more than 13 on the 26-man roster.

The Twins adapted their roster a day early, activating Kyle Garlick (hamstring) from the injured list and placing reliever Trevor Megill on it with a right shoulder

impingement. Baldelli said Megill, who last pitched on Tuesday in Seattle, felt soreness during that outing, necessitating the move.

The 13-pitcher limit was announced before the 2020 season, but its implementation has been continuously kicked down the road, first because of COVID-19 and then in response to the lockout, after which teams had a condensed spring training, meaning starters didn't have time to fully build up.

Now, it's finally here, and

with less arms out in the bullpen, the end result will be teams having to rely more heavily on their starters.

On Saturday, Dylan Bundy became the first Twins pitcher to throw eight innings this season. The righty threw 107 pitches, and Baldelli said to expect more outings in which a starter ratchets his pitch count up near that — whether the Twins are leading or trailing. "Our relievers I think, some

of them are throwing as much as they can throw. They can't throw more," Baldelli said. "You're going to look up in certain situations where you're just going to have to ride your starter. ... You're going to have to start seeing more outings that are closer to 102 pitches than the 82 pitches, because there's no other way to do it."

Relying more on the starters while also trying to safeguard their health now becomes an even trickier balancing act.

Near the beginning of the season, the Twins utilized a six-man rotation to give starters extra time to recover. Starters also threw shortened outings with more relievers available in the bullpen to

cover the extra innings.

But now, the Twins will have

to find that balance, to which



Joe Camporeale / USA Today Sports

be open to making adjustments

Minnesota Twins manager Rocco Baldelli, center, talks with Minnesota Twins assistant bench coach Tony Diaz prior to the first inning of the game Sunday against the Arizona Diamondbacks at Chase Field in Phoenix.

Baldelli said there is "no one answer." "It's another prime example

of us on the field just having to

and just dealing with things,'

See **TWINS**, Page **B2**

SCOREBOARD

LOCAL CALENDAR

TUESDAY, JUNE 21 LEGION BASEBALL Austin at Rochester Redhawks Rochester Patriots at Owatonna (DH), 5 p.m.

Rochester A's at Winona, 5:30 p.m. NORTHWOODS LEAGUE BASEBALL Rochester Honkers at Waterloo, 6:35 p.m.

WEDNESDAY, JUNE 22 **LEGION BASEBALL** Rochester Redhawks at Winona (DH), 5:30 p.m.

Rochester Eagles at Rochester A's, 5:30 p.m. AMATEUR BASEBALL Rochester Royals at River Falls

(Wis.), 7:30 p.m. Pine Island at Rochester Roadrunners, 7:30 p.m. (Hudson Field) NORTHWOODS LEAGUE BASEBALL Waterloo at Rochester Honkers, 6:35 p.m. SEMI-PRO SOCCER

Dakota Fusion FC at Med City FC, 7 p.m. (Rochester Regional Stadium)

NEXT 3

Next 3 games and TV info. for Minnesota sports teams: MINNESOTA TWINS • Tuesday, June 22: Cleveland, 6:40 p.m. (BSN)

• Wednesday, June 23: Cleveland, 6:40 p.m. (BSN) Thursday, June 24: Cleveland,

12:10 p.m. (BSN) MINNESOTA UNITED FC • Saturday, June 25: at Miami, 7 p.m. (BSN) • Wednesday, June 29: at Los

Angeles, 9:30 p.m. (BSN Extra)
• Sunday, July 3: Real Salt Lake at Minnesota United FC, 7 p.m. (BSN MINNESOTA LYNX • Tuesday, June 21: at Phoenix, 9

p.m. (BSN Extra, NBA TV) Thursday, June 23: Phoenix, 7 p.m. (BSN)

Sunday, June 26: at Chicago, 5 p.m. (CBSSN, BSN)

TV HIGHLIGHTS

TUESDAY, JUNE 21 MAJOR LEAGUE BASEBALL San Francisco at Atlanta, 6 p.m. (TBS) Cleveland at Minnesota, 6:30 p.m.

Arizona at San Diego OR Seattle at Oakland, 8:30 p.m. (MLBN) COLLEGE BASEBALL College World Series, Game 9, teams TBD, 1 p.m. (ESPN) College World Series, Game 10, teams TBD, 6 p.m. (ESPN2) PRO BASKETBALL WNBA, Minnesota at Phoenix, 9 p.m. (BSN Plus)

WEDNESDAY, JUNE 22 MAJOR LEAGUE BASEBALL Toronto at White Sox OR Mets at Houston, 1 p.m. (MLBN) Detroit at Boston OR Yankees at Tampa, 6 p.m. (MLBN) Cleveland at Minnesota, 6:30 p.m. (BSN) Kansas City at L.A. Angels OR Seattle at Oakland, 9 p.m. (MLBN) COLLEGE BASEBALL College World Series, Game 11, teams TBD, 1 p.m. (ESPN) College World Series, Game 12, teams TBD, 6 p.m. (ESPN) PRO BASKETBALL

WNBA, New York at Connecticut, 6 p.m. (ESPN2) PRO HOCKEY Stanley Cup Finals, Game 4, Colorado at Tampa, 7 p.m. (ABC)

HIGH SCHOOLS

BASEBALL STATE CHAMPIONSHIPS FRIDAY, JUNE 17 (At Target Field) Class A Randolph 2, Hayfield 1 Class AA Roseau 7, Fairmont 1 <u>Class AAA</u> Benilde-St. Margaret's 4, Mankato West 3, 8 innings Class AAAA Stillwater 8, Farmington 1

BOYS LACROSSE STATE CHAMPIONSHIP Saturday, June 18 (At Stillwater H.S.) Benilde-St. Margaret's 10, Prior Lake 9 GIRLS LACROSSE STATE CHAMPIONSHIP Saturday, June 18 (At Stillwater H.S.) Lakeville South 10, Chanhassen 7

BASEBALL

Professional MLB

American League

Allici Icali Ec				
	East			
	w	L.	Pct	GI
NY Yankees	49	17	.742	_
Toronto	38	28	.576	11.0
Tampa Bay	36	30	.545	13.
Boston	36	31	.537	13.
Baltimore	30	38	.441	20.
(Centra	al		
	W	L	Pct	GI
Minnesota	38	30	.559	_
Cleveland	34	28	.548	1.0
Chi. White Sox	31	33	.484	5.0
Detroit	26	40	.394	11.0
Kansas City	23	42	.354	13.
,	West	t		
	W	L	Pct	GI
Houston	41		.621	_
LA Angels	33	36	.478	9.
Texas	31		.470	10.0
Seattle	29		.426	13.0
Oakland	23	45	.338	19.
National Lea	gue			
	Foot			

	East			
	W	L	Pct	GB
NY Mets	44	24	.647	_
Atlanta	38	29	.567	5.5
Philadelphia	36	32	.529	8.0
Miami	29	35	.453	13.0
Washington	24	46	.343	21.0
-	Centra	al		

W L Pct GB 38 30 .559 — 38 30 .559 — 26 39 .400 10.5 25 41 .379 12.0 23 43 .348 14.0 St. Louis Milwaukee Pittsburgh Cincinnati West W 40 41 37 L Pct 25 .615 27 .603 28 .569 GB LA Dodgers .5 3.0 San Diego San Francisco Arizona Colorado 36 37 .471 9.5 .448 11.0

American League
Saturday's Results
NY Yankees 4, Toronto 0
Tampa Bay 7, Baltimore 6
Kansas City 2, Oakland 0
Detroit 14, Texas 7
Chi. White Sox 7, Houston 0
LA Angels 4, Seattle 2, 10 innings
LA Angels 3, Seattle 0
Sunday's Results
Baltimore 2, Tampa Bay 1
Toronto 10, NY Yankees 9
Detroit 7, Texas 3 American League

Detroit 7, Texas 3

Oakland 4, Kansas City 0 LA Angels 4, Seattle 0 Houston 4, Chi. White Sox 3 Houston 4, Chi. White Sox 3 Monday's Games Detroit (Faedo 1-3) at Boston (Winckowski 1-1), 6:10 p.m.
NY Yankees (Cole 6-1) at Tampa Bay (McClanhan 7-3), 6:10 p.m.
Toronto (Berrios 5-2) at Chi. White Sox (Lynn 0-0), 7:10 p.m.
Kansas City (Bubic 0-4) at LA Angels (Syndergaard 4-5), 8:38 p.m.
Tuesday's Games
Detroit (Brieske 1-5) at Boston (Hill 2-4), 6:10 p.m.

2-4), 6:10 p.m. NY Yankees at Tampa Bay, 6:10 p.m. Cleveland at Minnesota (Ryan 5-3), 6:40 p.m. Toronto (Gausman 5-6) at Chi. White Sox (Cease 5-3), 7:10 p.m. Kansas City (Heasley 1-3) at LA Angels (Detmers 2-3), 8:38 p.m. Seattle at Oakland (Kaprielian 0-4),

Seattle at Oaklaid (Kapriella) 8:40 p.m. National League Saturday's Results Chi. Cubs 6, Atlanta 3 San Francisco 7, Pittsburgh 5 NY Mets 3, Miami 2 Milwaukee 7, Cincinnati 3 Philadelphia 2, Washington 1

Philadelphia 2, Washington 1, 10 Philadelphia 2, Washington 1, innings
Colorado 5, San Diego 4
Sunday's Results
Washington 9, Philadelphia 3
Pittsburgh 4, San Francisco 3
Miami 6, NY Mets 2
Milwaukee 6, Cincinnati 3
Atlanta 6, Chi. Cubs 0
Colorado 8, San Diego 3 Colorado 8, San Diego 3 **Monday's Games**

Monday's Games
Miami (Rogers 3-5) at NY Mets (Peterson 3-1), 12:10 p.m.
Chi. Cubs (Kilian 0-1) at Pittsburgh
(Brubaker 0-7), 6:05 p.m.
San Francisco (Webb 6-2) at Atlanta
(Fried 7-2), 6:20 p.m.
St. Louis (Mikolas 5-4) at Milwaukee (Burnes 4-4), 7:10 p.m. Arizona (Davies 2-3) at San Diego (Darvish 6-3), 8:40 p.m. Tuesday's Games

Colorado (Feltner 1-2) at Miami (Casta-LA Dodgers (Gonsolin 8-0) at Cincinnati (Mahle 2-5), 5:40 p.m. Chi. Cubs (Swarmer 1-2) at Pittsburgh, 6:05 p.m. San Francisco at Atlanta (Strider 3-2), 6:20 p.m. St. Louis (Flaherty 0-0) at Milwaukee,

7:10 p.m Arizona at San Diego (Manaea 3-3),

Arizona at San Diego (Man 8:40 p.m. Interleague Saturday's Results LA Dodgers 7, Cleveland 1 St. Louis 11, Boston 2 Minnesota 11, Arizona 1 Sunday's Results
Boston 6, St. Louis 4
Cleveland 5, LA Dodgers 3 Arizona 7, Minnesota 1

Tuesday's Games

Washington (Fedde 4-5) at Baltimore, 6:05 p.m. Philadelphia (Gibson 4-2) at Texas (Perez 4-2), 7:05 p.m. NY Mets at Houston, 7:10 p.m.

AL leaders

DATITIO					
Batter,	G	AB	R	Н	AV
Arraez, MIN	58	205	37	74	.36
Bogaerts, BOS	65	243	41	82	.33
Martinez, BOS	57	223	39	75	.33
Devers, BOS	66	267	53	88	.33
France, SEA	67	264	30	83	.31
Alvarez, HOU	59	212	41	66	.31
Kirk, TOR	58	179	30	55	.30
Judge, NYY	66	246	55	75	.30
Ramirez, CLE	65	226	41	69	.30
Cabrera, DET	59	202	16	60	.29
HOME RUNS					
Judge, NYY, 25;	Trout,	LAA,	21;	Bux	ton,

Judge, NYY, 25; Trout, LAA, 21; Buxton MIN, 19; Alvarez, HOU, 18; Rizzo, NYY, 18; Guerrero Jr., TOR, 17; Devers, BOS, 16; Ramirez, CLE, 16; Seager, TEX, 15; Stanton, NYY, 14. RUNS BATTED IN

Ramirez, CLE, 62; Judge, NYY, 50; Rizzo, NYY, 48; Alvarez, HOU, 47; Garcia, TEX, 45; Story, BOS, 45; France, SEA, 44; Trout, LAA, 43; 3 tied 42.

PITCHING Taillon, NYY, 8-1; Manoah, TOR, 8-2; Verlander, HOU, 8-3; Cimber, TOR, 7-2; Gilbert, SEA, 7-3; McClanahan, TB, 7-3; Valdez, HOU, 7-3; Pivetta, BOS, 7-5; Cole, NYY, 6-1; 2 tied 6-2.

ML ICAUCIS					
BATTING					
Batter,	G	AB	R	Н	AVG
Goldschmidt, STL	66	250	48	86	.344
Machado, SD	67	253	48	83	.328
Harper, PHI	60	230	48	75	.326
McNeil, NYM	65	224	32	73	.326
Cooper, MIA	56	201	22	63	.313
Turner, LAD	65	256	33	77	.301
Iglesias, COL	57	197	20	59	.299
Cron, COL	70	262	41	78	.298
Canha, NYM	56	189	32	56	.296
Bell, WAS	70	248	37	73	.294
HOME RUNS					

Alonso, NYM, 19; Riley, ATL, 18; Schwarber, PHI, 18; Walker, ARI, 18; Betts, LAD, 17; Cron, COL, 17; Goldschmidt, STL, 16; Harper, PHI, 15; 3 tied 14.

RAIDER, FRI, 15; 3 Hed 14.

RUNS BATTED IN

Alonso, NYM, 63; Goldschmidt, STL, 58;
Cron, COL, 52; Lindor, NYM, 52; Turner,
LAD, 49; Harper, PHI, 48; Machado, SD,
46; Arenado, STL, 45; Bell, WAS, 44;
Chisholm Jr., MIA, 42. PITCHING

PITCHING Anderson, LAD, 8-0; Gonsolin, LAD, 8-0; Musgrove, SD, 8-0; Carrasco, NYM, 8-2; Alcantara, MIA, 7-2; Fried, ATL, 7-2; Wright, ATL, 7-4; Lauer, MIL, 6-2; Thompson, CHC, 6-2; Webb, SF, 6-2.

COLLEGE **BASEBALL**

NORTHWOODS LEAGUE

GREAT PLAINS CONFERENCE West Division (Through June 19)

Pct. GB St. Cloud 15 3 .833 .571 4.5. Willmar 12 9 10 11 .476 6.5 8 11 .421 7.5 Mankato 11 Bismarck .368 8.5 Rochester 12

UPCOMING SCHEDULE TUESDAY, JUNE 21 **Great Plains-West** Rochester at Waterloo, 6:35 p.m. Minn. Mud Puppies at Bismarck, 6:35 p.m. Eau Claire at St. Cloud, 7:05 p.m. Mankato at Willmar, 7:05 p.m. WEDNESDAY, JUNE 22

Great Plains-West Willmar at Mankato, 6:35 p.m. Minn. Mud Puppies at Bismarck, 6:35 p.m.

Waterloo at Rochester, 6:35 p.m. Eau Claire at St. Cloud, 7:05 p.m.

HOCKEY

Professional NHL Playoffs

Colorado 7, Tampa Bay 0

Monday's Games
Colorado at Tampa Bay, 7 p.m.

BASKETBALL

Saturday's Games

Professional

	W	L	Pct	GI					
Connecticut	12	5	.706	-					
Chicago	10	5	.667						
Washington	11	7	.611	1.5					
Atlanta	7	8	.467	4					
New York	6	10	.375	5.					
Indiana	5	13	.278	7.					
Western Conference									
	W	L	Pct	GI					
Lac Vogac	13	2	867	_					

2 .867 6 .625 8 .500 9 .357 10 .375 10 Seattle Dallas Los Angeles Phoenix 8 8 .500 5 9 .357 6 10 .375 3 13 .188 Minnesota **Sunday's Games**

Sunday's Games
Seattle 81, New York 72
Washington 71, Connecticut 63
Indiana 89, Chicago 87
Dallas 92, Los Angeles 82
Las Vegas 96, Minnesota 95
Tuesday's Games
Dallas at Atlanta, 6 p.m.
Chicago at Las Vegas, 9 p.m.
Minnesota at Phoenix, 9 p.m.
Washington at Los Angeles, 9:3

Washington at Los Angeles, 9:30 p.m.



Traci Westcott / Post Bulletin file photo

Hayfield's Easton Fritcher (4) bats during a baseball game against Byron on May 24 at Hayfield.

Are Honkers missing out on chance to sign Fritcher?

he Rochester Honkers might be missing out on a chance to add a topnotch area player for the rest of the Northwoods League baseball season.

Hayfield's **Easton** Fritcher concluded his senior season of high school baseball this past weekend as he helped the Vikings place second at the Class A state tournament.

Fritcher might have just completed high school, but he is a lefthanded hitter with a lot of power and has committed to play at the University of Minnesota. He is one of the seven finalists for Mr. Baseball as the top senior player in Minnesota. Hayfield coach Kasey Krekling said the Honkers had shown a lot of interest in Fritcher at one point.

"They were all over Easton about getting him signed to play this summer and now they have not talked to him for a week and a half,' Krekling said. "He's a guy I think they would want."

Krekling attended a Mankato MoonDogs Northwoods League game last Thursday. He said Fritcher may now look into playing with the MoonDogs for the rest of the summer.



LOCAL SPORTS NOTEBOOK Guy N. Limbeck

Fritcher has played amateur baseball for the Dodge County Diamondbacks for the past three summers as well as for a Twin Citiesbased traveling team. If he doesn't play in the Northwoods League this summer, Fritcher might be released by the Diamondbacks so he can play with the Rochester Royals. "If neither of

them (the Honkers or MoonDogs) take me, I'll just stay home and play for the Rochester Royals amateur team," Fritcher said. "To get ready for

college baseball, he needs to play at the highest level possible (this summer)," Krekling said. "But he would rather play in the Northwoods League so he's playing every day.'

As of last week, the MoonDogs had just three outfielders on their roster, the position the left-handed Fritcher

is expected to play in

college. Krekling is also

baffled that the Honkers haven't tried to land Fritcher.

"He's a local kid that everybody knows about who would draw fans and is good enough to be a Division I player," Krekling said. "I don't know why you wouldn't want him."

The Honkers have featured a number of local players over the years. Brendan Knoll, a Kasson-Mantorville grad, played Division II ball at Minnesota State University, Mankato, and he excelled as a pitcher for the Honkers last season.

Stillwater native Alex **Ritzer** is playing for the Rochester Honkers this summer. He plays college baseball at the University of North Carolina and was a redshirt freshman during the 2021-22 season. At Carolina, Ritzer

is teammates with Rochester's Mac **Horvath**. Both players are infielders. "He's awesome,"

Ritzer said. "He's a great teammate and he helped me out a lot as a freshman. I dedicated a lot of my infield stuff to him. Obviously I have good footwork and I

think that's because of

him.

And while they have practiced together, there is a chance that Horvath and Ritzer will never play a game together. Horvath is eligible for the amateur draft in July and could be selected. Horvath had a stellar sophomore season as he hit .268 with 15 doubles, 18 home runs, 53 RBIs and a .947 OPS while starting 63 of the team's 66 games. He also stole 19 bases in 22 attempts.

"Hitting home runs and stealing bases, that's exactly what Big League teams want these days,' Ritzer said. North Carolina

finished the season 42-22 and lost to Arkansas in the Super Regional, just a series away from earning a berth in the College World Series. Ritzler was already in Rochester playing with the Honkers while the Tar Heels were in the postseason. "The boys are having

fun, obviously I had to redshirt," Ritzer said. "I'm up here playing baseball and at the end of the day, that's what I want to do.'

Guy N. Limbeck is a sports writer for the Post Bulletin. His Local Notebook appears each Tuesday. He can be reached at glimbeck@post-

bulletin.com.



Joe Brown / Forum Communications

Pine Island/Zumbrota-Mazeppa senior Anders Larson placed in the top three at the Hiawatha Valley League meet, the Section 1AA meet and the Class AA state meet. Last week, he led the Wildcats to the first state championship in program history.

Golfers

From page **B1**

neat. I'm so proud of every single one of these guys."

Larson said, in his eyes, one of the best tnings about winning a state title is how it could help the PIZM program

in years to come. "In the past two years, numbers have grown significantly for us," he said. "Upwards of 50 kids now and I think with this (title) and the publicity we're getting ... we're

only graduating me off this team, so we'll be just as good next year."

His coach said the Wildcats' will most miss Larson's leadership and poise.

"He's a big reason why we're here and why we won this," PIZM head coach Mark Moran said. "He organizes stuff we do at practice and he gets the guys out when it's not our practice time. We'll miss him, but we hope and plan to be in this position again. ... His leadership has been fantastic. I couldn't ask

for a better leader.'

Twins

From page **B1**

Baldelli said. "I would prefer to able to have 14 pitchers on the staff if we choose. But we can't choose. There's a lot of things we'd prefer that we're not able to get. That's OK."

WINDER UPDATE

While one reliever landed on the injured list on Sunday with a shoulder impingement, another one who has also been dealing with a shoulder impingement is almost ready to return.

Baldelli said the Twins have not yet firmly decided where Winder's next outing will be — he already has thrown in two rehab games and a third is on the table

but they're getting close to making a decision. When the rookie does return — and whether his return is in the rotation or the bullpen is vet to be determined and will likely depend on the health of the rest of the roster.

Winder has pitched in seven games for the Twins this season three starts and four bullpen appearances – and has been on the injured list since May 21. "I wouldn't hesitate

to put him in any role," Baldelli said. "I honestly think that he could go out there and start. He could come out of the bullpen and back guys up and give you three, four, five innings an outing out of the bullpen and do that very well. I think it works fine either way for him."

Got Questions? Never fear. The Answer Man is here! Send questions to

answerman@postbulletin.com. BULLETIN

Appearing daily in the Post-Bulletin and postbulletin.com

Conference, section medalists highlight All-Area Team

FIRST TEAM

GOLFER OF THE YEAR JORDANA WINDHORST KNUDSEN School: Lake City

Year: Sophomore **Highlights:** Hiawatha Valley League medalist (78). ... Section 1AA medalist (78-77-155) by 14 shots. ... Placed 11th at rain-shortened Class AA state meet (82-41-123). ... Led Lake City to its second consecutive Class AA team state championship. ... Averaged score of 39.6 per 9 holes in postseason. ... Had a 74.0 average in four HVL regular-season meets.

COURTNEY HERSHBERGER School: Fillmore Central **Year:** Junior

Highlights: Placed third in the Three Rivers Conference meet (89). ... Section 1A medalist (90-91-181). ... Placed third in the Class A state meet (91-82-173) ... Led Falcons to Section 1A team championship and fourth place in the state.

ELLA MATZKE School: Lake City

Year: Sophomore Highlights: A key member of the Tigers' repeat Section 1AA and Class AA state championship teams. ... Averaged 81.0 in five postseason rounds. ... Class AA individual state runner-up (79-38-117). ... The Hiawatha Valley League runner-up (80), ... Placed third in Section 1AA (88-82-170).

EMMA BERGE School: Lake City

Year: Junior Highlights: A leader on Lake City's section championship team and back-to-back Class AA state champion teams. ... Had a postseason scoring average of 83.0. ... Section 1AA individual runner-up (86-83-169). ... Tied for 11th at the state meet (84-39-123) with teammate Jordana Windhorst Knudsen, ... Finished third in the Hiawatha Valley League meet

BRIANNA NOVAK School: Red Wing Year: Senior

Highlights: Qualified for the Class AA state meet by placing fifth in the Section 1AA meet (90-87-177). ... Finished in a tie for 25th place at state, which was shortened to 27 holes due to inclement weather (90-42-132). ... Placed sixth at the Big Nine Conference meet with an 82.

BROOKE BEE School: Lake City

Year: Junior Highlights: Averaged a score of

87.8 in five postseason rounds. ... Finished in the top 10 in the



Traci Westcott / Post Bulletin file photo

St. Charles sophomore Lily Sullivan tees off during the Section 1AA girls golf finals on June 1 at Northern Hills Golf Course in Rochester. Sullivan is one of eight golfers named to the Post Bulletin All-Area First Team.

Section 1AA meet, placing eighth (89-92-181). ... Placed sixth in the Hiawatha Valley League meet (87). ... Averaged 88.7 in four HVL meets in the regular season.. Finished 19th at the Class AA state meet (85-43-128). ... Helped Lake City win a Class AA team state championship and the Section 1AA team championship.

LILY SULLIVAN School: St. Charles **Year:** Sophomore

Highlights: Finished 11th in the Section 1AA meet (91-95-186). Missed qualifying for the Class AA state meet by just one place, and Conference meet medalist (82).

AILANI THIRAVONG School: Austin

Year: 7th Grade Highlights: Placed fifth in the Big

Nine Conference meet (80) and 10th in the Section 1AAA meet (97-84-181) in her first season of varsity golf. ... Missed qualifying for the Class AAA state meet by

three places, and six strokes. ... Consistently shot in the 80s, with at least six rounds under 90 this

SECOND TEAM

MARIN KELLER School: Winona Year: Sophomore

Highlights: Finished 11th in the Big Nine Conference meet (87), just one stroke out of the top 10. .. Placed eighth in the Section 1AAA meet (91-88-179). ... Narrowly missed qualifying for the Class AAA state meet; she was two places and four strokes away from a state-meet berth.

CALIE DOCKTER School: Byron

Year: Sophomore Highlights: Missed more than a month of the regular season with a severe back injury. ... Physical therapy and perseverance helped her return for the Section 1AA meet, where she finished sixth overall (88-90-178) and qualified for the Class AA state meet. ...

Placed 37th at state (90-48-138), which was reduced to 27 holes due to rain and lightning.

MATTIE MEARS School: Lake City

Year: Freshman

Highlights: Often the fifth golfer in Lake City's lineup, Mears would have been a top-four — if not top-two — player for most other teams in the conference and section. ... Placed fifth in the HVL meet (86), fourth in the Section 1AA meet (86-90-176) and 51st at the Class AA state meet (94-48-142). ... Helped the Tigers win the section team championship and their second consecutive Class AA team state championship.

ELLIE LEISE

School: Lourdes Year: Sophomore

Highlights: Oualified for the Class AA state meet last week at the Ridges at Sand Creek in Jordan, where she placed 30th (86-47-133). ... Shot rounds of 95-84-179 to place seventh at month. ... Placed 20th in the Hiawatha Valley League meet. .. Tied for medalist honors (90) with John Marshall's Olivia Gorden at the Rochester All-City Invitational on May 17.

the Section 1AA meet early this

BAILIE ROSCHEN School: Red Wing

Year: Sophomore Highlights: Averaged a solid 92.4 score per 18 holes during the postseason. ... Placed 14th in the Big Nine Conference meet (88) and ninth in the Section 1AA meet (95-87-182) to qualify for the Class AA state meet. ... Finished 53rd at state, with rounds of 94-49—143 (the final round was shortened to nine holes).

CHLOE MOREM School: Fillmore Central

Year: Junior

Highlights: One of the Falcons' top two golfers, along with Courtney Hershberger, all season. ... Was the runner-up in the Three Rivers Conference meet (87) behind

only Lily Sullivan of St. Charles. ... Runner-up at the Section 1A meet (89-94–193) behind only Hershberger, ... Helped Fillmore Central win the Section 1A team championship and place fourth at the Class A state meet.

AVA FEVOLD School: John Marshall Year: Junior

Highlights: Had a postseason scoring average of 91.3 ... Placed 15th in the Big Nine Conference championship (89). ... Finished 11th in the Section 1AAA meet (90-95-185). ... Missed qualifying for the Class AAA state meet by five places, 10 strokes. ... Tied for third in the Rochester All-City

Invitational on May 17, with a 94.

RACHEL BOE School: Stewartville

Year: Junior Highlights: Averaged 92.0 in three postseason rounds, narrowly missing out on a trip to the Class AA state meet. ... Placed 15th in the Section 1AA meet (96-96—192). ... Finished third in the Hiawatha Valley League meet with an exceptional round of 84.

HONORABLE

MENTION Byron: Soph. Natalie Appel; Sr. Isabel Higgins; Soph. Rylee Finney. Caledonia: Jr. Elenore Milde, Jr. Jilek. Fillmore Central: Fr. Myleigh Scheevel (Class A state meet qualifier); Soph. Aubrey Larson (Class A state meet qualifier); Fr. Annika Mensink (Class A state meet qualifier); Sr. Marissa Topness (Class A state meet qualifier). **Hayfield**: Jr. Avery Towey (Class A state meet qualifier), So. Kristen Watson (Class A state meet qualifier); 8th Carly Bronson (Class A state meet qualifier). Kasson-Mantorville: Fr. Keigan Cummings. Kenyon-Wanamingo: Fr. Lydia Flotterud. La Crescent-Hokah: Sr. Alyssa Tollefson. Lake City: Jr. Kaitlin Schmidt. Lanesboro: Jr. Chloe Schnebly (Class A state meet qualifier).

Pine Island/Zumbrota-Mazeppa: Sr. Alexis Knott (Class AA state meet qualifier); Soph. Anna Cylkowski; Fr. Olivia Cordes. Plainview-Elgin-Millville: Sr. Kayla Kujath. Red Wing: 8th Hailie Johnson. Rochester Century: Soph. Brian Daire. Rochester John Marshall: Soph. Bailey Glandon. **Rochester Mayo**: Soph. Avery Meyer; 8th Flora Bolster. Stewartville: Jr. Lauren Howe. Wabasha-Kellogg: Jr. Rachel Smith (Class A state meet qualifier).

Compiled by Jason Feld-

ALL-AREA BOYS GOLF

Section, state champions highlight All-Area Team

FIRST TEAM

GOLFER OF THE YEAR ANDERS LARSON

School: Pine Island/Zumbrota-Mazeppa

Highlights: Helped PIZM win its second consecutive Section first-ever Class AA state championship. ... Third in Class AA state meet (73-72-145). ... Section 1AA runner-up (78-68-146) by one shot to Lourdes' Colton Rich. ... Third place in Hiawatha Valley League meet (76). ... Average score of 73.4 in five postseason rounds. ... Committed to play at Division I Tennessee Tech.

ISAAC AHN

School: Rochester Mayo **Year:** Freshman

Highlights: Had a stellar postseason scoring average of 74.0 over five rounds. ... Placed third in the Big Nine Conference meet (77), fifth in the Section 1AAA meet (73-73-146) and 10th at the Class AAA state meet (71-76—147). ... Was tied for third after the opening round of the state meet, as one of seven golfers to break par that day.

JAKE FISHBAUGHER

School: Fillmore Central

Highlights: Medalist at the Three Rivers Conference championships (70). ... Section 1A medalist (77-79—156) and state-meet qualifier. ... Placed in the top 10 at state, tying for eighth place (81-74-155). Highest finisher at state from Section 1A.

RYAN NUTTER

School: La Crescent-Hokah Year: Freshman Highlights: Tied for 13th place

at the Class AA state meet (78-75-153). ... Tied with PIZM's Anders Larson as the runner-up at the Section 1AA meet (77-69-146). ... Placed fourth at the Three Rivers Conference championships (77). ... Averaged an outstanding 75.2 score per 18 holes in his five postseason rounds.

School: Rochester Lourdes **Year:** Freshman

COLTON RICH

Highlights: Tied for 10th in the

Hiawatha Valley League championships (81). ... Posted outstanding back-to-back rounds at the Section 1AA meet (73-72-145) to earn medalist honors and qualify for the Class AA state meet... Finished tied for 26th at state (84-74-158).

MICHAEL SCRIPTURE School: Pine Island/Zumbrota-Mazeppa Year: Junior Highlights: Helped the Wildcats



win a second consecutive Section 1AA championship and return to the Class AA state meet. ... Tied for 33rd (79-81-160) at state, as PIZM won its first-ever state championship. ... Medalist at the Hiawatha Valley League championships (74). ... Tied for fourth place at the Section 1AA meet (78-75-153).

> **KEEGAN BRONSON** School: Hayfield **Year:** Senior **Highlights:** One of two Vikings to

qualify for the Class A state meet, where he placed 10th (79-77— 156). ... Placed 12th at the Gopher Conference championships, a 9-hole event (44). ... The Section 1A runner-up (78-81—159). **COLE JANNSEN**

the Hiawatha Valley League meet

(79). ... Finished sixth in Section 1AA (78-78—156). ... Tied for 23rd

School: Stewartville Year: Senior **Highlights:** Helped the Tigers finish second in Section 1AA meet, falling to champion - and eventual state champion — PIZM by just seven strokes. ... Placed fourth in

postseason rounds were sub-80, an average of 78.4. **CALEB JANNSEN**

SECOND TEAM

at state (78-79-157). ... All five

School: Stewartville Year: Sophomore Highlights: One of two Tigers to qualify for the Class AA state meet, along with his brother Cole, a senior. ... Tied for 62nd at state (84-84-168). ... Placed fourth in Section 1AA with two outstanding rounds (79-74—153). ... Runner-up at the Hiawatha Valley League championships (75).

JOSEPH SCRIPTURE School: Pine Island/Zumbrota-Mazeppa Year: Junior

Highlights: One of two PIZM golfers to finish in the top 10 at the state meet, placing ninth (77-74-151) to help the Wildcats win their first Class AA state champi-onship. ... Made a crucial birdie putt on his 36th and final hole of the state meet to essentially seal the Wildcats' state title. ... Tied

for fourth in the Hiawatha Valley

League championships (79).

KOLE FORSTHOFFER School: Rochester Mayo Highlights: Averaged 78.0 per 18

Stewartville senior Cole Jannsen lines up a putt during the Section 1AA boys golf finals on June 1 at Northern Hills

Golf Course in Rochester. Jannsen is one of eight players named to the Post Bulletin's inaugural All-Area Golf

holes in three postseason rounds. Tied for fifth place in the Big Nine Conference championships (79). ... Finished 15th in the Section 1AAA meet, following a first-round 82 with an outstanding 73 in the final round.

ANDREW HOINESS School: Rushford-Peterson

Highlights: Led the Trojans to the

Section 1A championship and a spot in the Class A state meet, where they placed eighth. ... Tied for 37th individually at the state meet (90-82-172). ... Runner-up at the Three Rivers Conference championships (76). ... Third in the Section 1A meet (83-77-160).

ETHAN NORMAN School: Rochester Mayo **Year**: Senior Highlights: Averaged 78.7 over three rounds in the postseason.

Placed 15th in the Section 1AAA

meet (81-74-155). ... Finished 10th in the Big Nine Conference championships (81), ... Oualified for the Class AAA state meet as a junior.

Traci Westcott / Post Bulletin file photo

ALEX OLSON School: Rochester Lourdes

Year: Junior Highlights: Qualified for the Class AA state meet by winning

a two-hole playoff at the Section 1AA meet. ... Tied for seventh place in the section (83-78—161). ... Finished tied for fourth at the Hiawatha Valley League championships (79). ... Finished fourth in the Rochester All-City Invitational (76) on May 18.

CAMERON BRUNS School: Pine Island/Zumbro-

ta-Mazeppa

Year: Sophomore

Highlights: A key member of the Wildcats' Section 1AA and Class AA state championship team. ... Bruns finished 41st at the state meet (80-82—162). ... He placed 19th in the Hiawatha Valley League meet (87), then finished ninth in the Section 1AA meet (85-77—162).

SHAWN ERICKSON School: Rochester Century

Year: Junior Highlights: Tied for eighth place at the Rochester All-City Invitational on May 18 (77). ... Averaged 79.7 over three postseason rounds. ... Tied for 15th at the Section 1AAA meet on June 2

HONORABLE MENTION

78-155).

Blooming Prairie: Sr. David Kartes; Sr. Garret Farr. **Byron**: Sr. Dylan Rolandson. **Cannon Falls**: Fr. Bravin Myrvold. Chatfield: 7th Carson Harstad. **Dover-Eyota**: 8th Carter Boynton; Jr. Michael Pittenger. Grand Meadow/LeRoy-Os**trander:** Sr. Taylor Glynn. **Hayfield:** So. Sam Tucker (Class A statemeet qualifier); So. Ty Bronson; Fr. Kolton Fiedler. Kasson-Mantorville: Sr. Landon Hadrath; So. Matthew Justice. Kingsland: Sr. Kaden Rath; Sr. Nick Eickhoff. La Crescent-Hokah: Sr. Carson Reider; So. Wyatt Farrell; Jr. Ben Kerska; Sr. Liam Farrell. Lake City: Sr. Andru Kohrs: So. Noah Wallerich; Fr. Braxton Berlin. Lanesboro: Sr. Clay Schwichtenberg (Class A state-meet qualifier): 7th Jack Brogle; So. Kaden Stettler. **Pine** Island/Zumbrota-Mazeppa: Fr. Collin Fogarty. **Red Wing**: Sr. Denval Atkinson; Jr. John Ahrens. Rochester Century: Jr. Jacob Shamblin. Rochester John Marshall: Jr. Mason Decker; Fr. Ole Fevold. **Rochester Lourdes:** Sr. Thomas Benner. **Rochester Mayo:** So. Will Smith; So. Mikkel Norby. Rushford-Peterson: Jr. Grady Hengel (Class A state-meet qualifier).
Southland: So. Nicholas Edland (Class A state-meet qualifier); Jr. Cohen Wiste. Stewartville: Fr. Parker Wangen; 8th Austin Walker; Jr. John Becker. Triton: Jr.

Compiled by Jason Feld-

Jude Gosse.



Find the **perfect** place and make it **yours**



CLICK | SEARCH | DONE

Fitzpatrick works magic to win US Open

BROOKLINE, Mass. - England's Matt Fitzpatrick delivered a shot for the ages when he needed it most on Sunday, finding the green from a fairway bunker at the last hole to win the U.S. Open and claim his first career major title.

Fitzpatrick's incredible shot from the sand 161 yards out settled 18 feet from the cup to all but end what had been a heart-pounding back-nine battle with world No. 1 Scottie Scheffler and Will Zalatoris at The Country

"It's one of the best shots I ever hit, there's no doubt about it," Fitzpatrick said after a two-under-par 68 that left him at six under for the week, good for a one-stroke victory over Scheffler and Zalatoris.

There had been a lot of talk about Fitzpatrick all week given he won the 2013 U.S. Amateur at the same demanding venue.

The 27-year-old, who began the final round in a share of the lead with Zalatoris and one shot clear of defending champion Jon Rahm, reached the turn with a one-shot lead after mixing two birdies with two bogeys.

But he carded two quick bogeys and, coupled with a Zalatoris birdie, walked off the 11th green trailing by two



Peter Casey / USA Today Sports

Matthew Fitzpatrick celebrates a birdie on the 13th green during the final round of the U.S. Open golf tournament on Sunday at The Country Club in Brookline, Mass.

He said doubts began to creep in at that point.

"Yeah, sure, there's a little bit," said Fitzpatrick.

"For me, like, I just felt like I could keep hitting the greens and giving myself putts, my putting would take over and I'd make a couple (birdies) coming in, and fortunately that's what I did.

"Yeah, it worked out nicely."

Birdies at the 13th and 15th put Fitzpatrick back in the driver's seat and he held on to join Jack Nicklaus as the only players to win a U.S. Open and U.S. Amateur at the same venue.

Fitzpatrick celebrated with his caddie and then his parents and younger brother, Alex, who was his caddie for his U.S. Amateur win.

'BATTLED LIKE CRAZY' At the par-four 15th, get up and down from a greenside bunker Fitzpatrick had a twostroke cushion with three to play. Zalatoris had a chance

Zalatoris' tee shot

ended up in thick rough

and when he failed to

to draw level at the parfour 17th but his birdie putt from 12 feet came up just short, setting up the dramatic finish.

The PGA Tour's reigning rookie of the year needed to make a birdie at the last to force a playoff but his putt slid just past the left edge of the hole.

Zalatoris, now a threetime runner-up at the majors, having fallen just short at the 2021 Masters and last month's PGA Championship, was once again left to wonder what might have been had it not been for two early bogeys.

"I battled like crazy," said Zalatoris, who fought his way back into the mix

with three birdies over a sizzling four-hole stretch into the turn. "Obviously. you say that about every U.S. Open round you play, but considering where I drove it today, the fact I was even under par was obviously pretty nice."

Scheffler, seeking his fifth win of the year, made a dream start with four birdies over the first six holes and held the lead for a brief spell but made two bogeys to start the back nine before grabbing a late birdie.

"Today was one of

those days I was playing from behind and put myself in position to win the tournament," said the Masters champion. "There's definitely a few things I could have done differently, but I'm not going to waste time thinking about it. I'm going to recover from this and move on and hopefully be better from here."

Former Masters champion Hideki Matsuyama carded the low round of the week, a five-under-par 65 that powered him into fourth place, a shot clear of pretournament favorite Rory McIlroy (69) and two-time major winner Collin Morikawa (66).

World No. 2 Rahm, who squandered a chance to take the 54-hole lead after a closing double-bogey on Saturday, shot a four-over 74 that left him seven shots back of Fitzpatrick.

Hayfield falls just shy in quest for 2nd baseball state title

BY GUY N. LIMBECK

Post Bulletin

MINNEAPOLIS — Hayfield came up just short in its bid to repeat as the Class A baseball state champions.

The Vikings reached the title game for the second straight season, but had to settle for second place as they suffered a narrow 2-1 loss to Gopher Conference rival Randolph in the championship game Friday at Target Field.

It was a classic pitcher's duel, as seniors Nolan Klocke, of Hayfield, and Jacob Weckop, of Randolph, allowed just three hits each and combined to strike out 28.

We knew it was going to be a great game and it was," Hayfield coach Kasey Krekling

Klocke struck out 15, did not issue a walk and he did not allow a hit after the third inning. Randolph scored what proved to be the winning run in the fifth to snap a 1-1 tie without a hit. An infield and outfield error on the same play allowed Collin Otto to reach third base and he then scored on a passed ball.

"I'm proud of myself for doing that," Klocke said of his strong outing. "Playing at Target Field twice is a dream come true. The only other thing I could ask for is a win."

Klocke had earned the save in the championship game last

Weckop wasn't expected to start on the mound for the Rockets. He is the starting catcher and only made about three starts prior to Friday. But his twin brother and expected starter, Nathan, was ejected during the Rockets' 4-3 semifinal win over New York Mills and ineligible for the title game. Randolph's top pitcher,

Will Baldus had maxed out his pitch count in the semifinals.

'You have to deal with adversity, that's what my coaches taught me to do," Jacob Weckop said. "With our starting pitcher not being able to pitch, that gave me more motivation that I've got to play for him.

Weckop struck out 13 and the only run he allowed was in the second inning. Hayfield took a 1-0 lead when sophomore Zander Jacobson hit an RBI single with two outs.

'We've all dreamed of playing here and I just came out on fire and wanted to win it," Weckop said.

"He got the better of us," Hayfield senior standout Easton Fritcher said. "That's a great team, that's a great pitcher. All the respect to them, they deserved it. They played better than us today.

Hayfield had some chances

over the final three innings. The Vikings left two runners on in both the fifth and sixth inning. With two outs in the seventh, Fritcher walked on a 3-2 pitch. That put Weckop at 114 pitches and he was allowed to pitch to one more batter. Fritcher stole second but Klocke then lined out to shortstop to end the game.

"Us seniors, we've put in those clutch hits and they just didn't come together this game," Klocke said.

The win gave second-seeded Randolph (25-1) its first baseball state championship.

Havfield stranded seven runners and was also hurt by committing four errors.

"You can't have four errors and expect to win the game and we didn't," Krekling said.

Fritcher, who will play college ball at the University of Minnesota and has six home runs this season, was

pitched very carefully. He was walked in three of his four plate appearances, once intentionally.

"Yeah, it's frustrating, but it's something I'm going to have to deal with," Fritcher said. "(I'm) kind of building that reputation; I've been known to hit the ball very

Hayfield, the No. 1 tournament seed, finishes the season 24-3. Two of its three losses came against Randolph. The Vikings had five seniors on the roster (Fritcher, Klocke, Karver Heydt, Isaac Watson and Kobe Foster) and all five

were starters.

"I'm glad the boys were able to fulfill their dream of playing here again," Krekling said. "After being here as juniors, they wanted to be the senior class that got back here again. I know next year's seniors want to do the same thing."

PRO HOCKEY

Avalanche's Burakovsky doesn't make trip to Tampa

Colorado Avalanche forward Andre Burakovsky did not travel with the team to Tampa on Sunday after sustaining an apparent hand injury in Game 2 of the Stanley Cup Finals on Saturday night in Denver.

Coach Jared Bednar

told reporters Burakovsky was still being evaluated and was expected to join his teammates in Tampa on Monday. His availability for Game 3 against the Tampa Bay Lightning on Monday night was unknown as of late Sunday evening.

The Avalanche held a 2-0 lead in the best-ofseven series going into Monday's Game 3, which had yet to start when the Post Bulletin went to

Burakovsky scored in overtime to give Colorado a 4-3 win in the series opener on Wednesday. The 27-year-old Austrian collected a goal and an assist in the Avalanche's 7-0 romp on Saturday before taking a shot off his hand from Lightning

defenseman Victor

Hedman in the second period.

Burakovsky has recorded eight points (three goals, five assists) in 12 games during the postseason. He registered a career-high 61 points (22 goals, 39 assists) in 80 games in the regular season.

LIGHTNING NEED TO STRIKE ON HOME ICE

The Tampa Bay Lightning's quest for a three-peat is not completely finished, regardless of the outcome of Game 3.

However, the Lightning desperately need a win in one of the two games scheduled to be played in Tampa this week, against an Avalanche squad that ran roughshod over them in Games 1 and 2 in

"Everybody poses a different challenge, and these guys pose a challenge that we haven't quite seen," Lightning coach Jon Cooper said. "We just got to overcome it. It's time to man up and get stuff done.'

been dominant to this

The Avalanche have

Colorado has scored three goals in the first period in Games 1 and 2, becoming only the third team in league history to accomplish that feat during Stanley Cup Final.

Saturday's 7-0 romp was truly indicative of the game, in which the Lightning were outshot 30-16 and overwhelmed in all areas. It's on the twotime defending champions to show their mettle.

"You tip your cap to the execution that they had, but at the same time, there's a fine line between having respect for your opponent and too much respect to your opponent," Lightning captain Steven Stamkos said. "We need to realize that we got here for a reason. Let's get back to our game and understand that they have an unbelievable team over there with great skill at every position, but so do we, so let's find out what we're made of when we're

be a confidence boost.

However, Colorado

at home." The Lightning hoped their 7-1 playoff record at home would



Isaiah J. Downing / USA Today Sports

Erik Johnson said his

Colorado Avalanche left wing Andre Burakovsky (95) passes the puck against Tampa Bay Lightning left wing Pierre-Edouard Bellemare (41) during the second period in Game 2 of the 2022 Stanley Cup Final on Saturday at Ball Arena in Denver.

entered Monday night's game a perfect 7-0 on the road this postseason. "I was really impressed

with our team's performance (Saturday) night. They were dialed in for all aspects of our

game, highly engaged

and energized," coach

Jared Bednar said. "We had a good night, a really good night for our team, but 7-0, 1-0, it doesn't really matter. It's one performance, and we need four or more. ... We know the job's going to be that much tougher in Tampa." Colorado defenseman

team isn't worried about letting its guard down. "I don't think

that's an issue at all, overconfidence," Johnson said. "What are we confident about? We haven't won anything vet."

Southeastern Minnesota teams fall in baseball title games

Post Bulletin staff

MINNEAPOLIS — The state championship baseball games were tough on teams from southeastern Minnesota.

Section 1AAAA champion Farmington, Section 1A champion Hayfield and Big Nine Conference champion Mankato West all fell in title games on Friday at Target

Hayfield and Farmington entered the tournament as defending state champions. West entered with just one loss, a narrow setback against Owatonna in the final game of the regular season.

CLASS AAAA BASEBALL

Stillwater didn't need long to take control of the matchup against Farmington. The Ponies scored four runs in the first three innings en route to an 8-4 victory.

Top-seeded Farmington scored once in the bottom of the first, but the Ponies answered with two in the second inning and two more in the third.

They tacked on four more runs in the top of the sixth to seal the victory and the championship.

Leadoff hitter and center fielder Brayden Hellum led the way, going 2-for-3 with a run and an RBI. Cleanup hitter Mason Buck added a pair of

Austin Buck pitched a complete game to earn the victory, allowing a run on four hits with no walks and four strikeouts.

CLASS AAA BASEBALL

Catcher Sam Monk drilled a single off the left-field wall with one out in the bottom of the eighth inning to lift Benilde-St. Margaret's to a dramatic 4-3 extra innings victory against Mankato West in the Class AAA state title

Monk, who had struck out in two prior plate appearances in the game, slipped after rounding first base and retreated for a single. It was little matter, though, as Tomas Lee was flying around the bases and crossed the plate

with the game winning run.

Red Knights starter Caleb Koskie struck out 12 in 6 ⅔ innings, but received a no decision. Owen Omdahl pitched 1% innings of

scoreless relief to get the win. West finished the season 25-2; BSM was 24-3.

CLASS AA BASEBALL

Fairmont and Roseau were locked in a pitcher's duel for five-plus innings, then Fairmont broke it open with one big inning.

The Cardinals erupted for seven runs in the bottom of the sixth inning, and that was all the scoring in the game, as Fairmont won 7-0.

Zachary Jorgensen pitched a complete game to earn the win, striking out seven batters and walking five, while allowing just two hits.

Fairmont closed the season with a 27-3 record, while Roseau ended 19-7.

GIRLS LACROSSE

As the closing seconds came off the clock in Lakeville South's 10-7 state title game

victory over Chanhassen on Saturday, Cougars coach Patrick Crandall dropped to his knees.

This was everything Lakeville South had worked for, frankly, for years.

Lakeville South senior goalie Lindsay Wirfs remembers watching the Cougars play in the state title game in 2015, when they fell to Eden Prairie by one goal.

"Just being like, 'Oh my gosh, that feeling must suck," Wirfs recalled. "I was like, 'I want to be on that team where we can get first."

This always had the feel of being "the year." It had to be. This was the last chance for scintillating seniors such as Wirfs, Brielle Fannin, Lauren Sheets and Co. It also was the last year for Crandall, who is leaving his post to take over the new program at College of St. Benedicts.

"We've always known we have a target on us. We were here last year. These players are known in the world of lacrosse in Minnesota, and the pressure is there," Crandall said. "But we like it, we kind of revel in it. If we didn't have that pressure we wouldn't be the same.'

BOYS LACROSSE

Mitch Dokman scored in overtime to lift Benilde St. Margaret's to a 10-9 victory against Prior Lake in the state championship game on Saturday.

The Red Knights' game plan was certainly not to shoot low on the stick side of Prior Lake goalie Ryan Vitters. Yet that's where Dokman put it.

And that's where it went into the net to lift the topseeded Red Knights to a victory and a state title.

"I saw the ball ruffle, blacked out for five seconds, definitely almost fainted," Horn said, "then jumped up and celebrated."

The dramatic finish completed Benilde-St. Margaret's bid for a repeat title and undefeated season (19-0).

Warriors already eyeing NBA repeat

Field Level Media

Golden State's potent mix of savvy veterans and rising stars had oddsmakers and experts on Friday predicting more championship glory for the Warriors after they secured their fourth title in eight seasons last Thursday with a Game 6 win at Boston.

The Warriors resounding 4-2 Finals win over the Boston Celtics marked a stunning turnaround for a team that had missed the playoffs the previous two seasons due to injuries.

But Stephen Curry, Klay Thompson and Draymond Green all got healthy in time for the playoffs to blow past the Nuggets, Grizzlies, Mavericks and Celtics with key contributions from Andrew Wiggins and Jordan Poole, all of whom are expected to return next season.

"I've got the Warriors epeating. They are winning the NBA championship again next year," ESPN basketball analyst Stephen A. Smith said on his show.

"Steph ain't going to fade, he has more energy than guys 10

years younger than him," he said of Finals MVP Curry, who is 34.

"Klay Thompson will be even healthier and play better next year. Jordan Poole ain't going to get worse. And Jonathan Kuminga, he's coming," Smith said of the athletic 19-year-old

Colin Cowherd of Fox Sports said the Warriors players and organization are the envy of the league.

"They are smarter than you. They are more selfless than you. They are more human than you. They play better defense than you. They develop their players better than you," Cowherd said.

"They are a dynasty because they are the essence of the sport. They are the standard. They have the best owner, the best GM and the best coach and the best, most selfless star," he said of Curry, who is making a case for being one of the all-time greats

If the Warriors repeat next season, Curry's fifth championship will move him ahead of LeBron James' and Shaquille O'Neal's four and into a tie with Kobe Bryant and Tim Duncan.



Kyle Terada / USA Today Sports

After leading the Golden State Warriors to their fourth NBA title, guard Stephen Curry is being mentioned among the NBA's all-time greats.

FINALS RATINGS UP

Viewership of the NBA Finals went up compared to the last two years, but has yet to attain the number of viewers it did prior to the COVID-19 pandemic, according to Sports Business Journal.

The Finals averaged 12.4 million viewers through the six games between the Golden State Warriors and Boston Celtics, a 25 percent increase in viewership

compared to last year's series between the Bucks and Suns and a 66 percent increase in viewership compared to the Lakers-Heat series in 2020.

But prior to the pandemic, at least 15 million viewers per game tuned in to the Finals from 2013-19.

Outside the two seasons affected by the pandemic, this year's was the leastwatched since 2007, when the Spurs swept the Cavaliers, a series that

averaged just 9.3 million viewers.

There were at least 17 million viewers in four of the last five Finals in which the Warriors appeared in. The secondlowest audience for a series that featured Golden State was back in 2019, where the Raptors defeated the nowdefending champions in six games.

Game 6 of this year's Finals brought in almost 14 million viewers. The

clinching game between the Bucks and Suns, which was also a Game 6, brought in 12.5 million, while Game 6 of the series between the Lakers and Heat amassed 8.3 million.

are still trying to recover from the pandemic in terms of its viewership, this year's championship series did average its highest share of the U.S. television audience since 2017.

1st-time winners highlight action at area race tracks

BY TODD NARVESON For the Post Bulletin

The Chateau Speedway in Lansing and Deer Creek Speedway in Spring Valley both were able to hold racing programs this past weekend. Finally, the weather cooperated for both tracks and they each

had decent crowds and car

counts.

One driver scored his first career win at Lansing on Friday and three drivers won their first feature races at Deer Creek on Saturday. It was a pretty good weekend for area tracks.

BLOOM GETS 1ST CAREER WIN

The feel-good story so far in the 2022 racing season came in Friday's Wissota Midwest Modifieds feature at Chateau Speedway in Lansing.

Tony Bloom returned to racing this season after 11 years away from the sport. The third-generation racer scored his first career feature win with a flag-to-flag win in the main event. Trevis Underdahl

kept pressure on Bloom, but Bloom held on for the win. Greg Pfeifer Jr and Kadden Kath finished third and fourth.

The Mid-American Renegade Non-Wing Traditional Sprints also visited Chateau on Friday. It was the first of three appearances for that group at Chateau this season. The Sprint Cars will also be on the program on July 13 and again on Aug. 19. Brian VanMeveren of

Woodbury topped the nine-car field in the feature.

Taylor Ausrud became the fifth different winner in as many nights at Chateau in the USRA B Modifieds. There was a stout field of

19-USRA Modifieds on hand at Lansing. Keith Foss took the lead on lap three and went on to win the feature event.

Tanner Chadderdon of Faribault made his first appearance of the year and won the Hornet feature over a 13-car field.

Joe Schmit claimed his

second straight feature USRA

Stock Cars and Josh Eischens topped a large 21-car field to win the Pure Stocks.

1ST-TIME WINNERS AT THE CREEK

It was Pink-Out Night with Join The Journey at Deer Creek Speedway on Saturday. The event helped to raise awareness and money for the fight against breast cancer. There was a silent auction, raffles, 50/50 sales and a pushup challenge, where money was donated to Join the Journey based on the number of pushups completed by the night's five feature winners in victory lane.

Kadden Kath won the Wissota Midwest Modifieds feature, his first win at the track this year, then did 43 pushups, each of them worth \$21 to Join the Journey.

Kolton Brauer notched his first feature win, topping the

Wissota Street Stocks field. The USRA B-Modifieds had 38 cars show up, and Joe Chisholm earned his first ever

trip to victory lane at Deer

Creek.

is a candidate for race of the vear, Travis Shipman, Brayden Gjere and Kyle Falck traded passes and slide jobs for 20 laps, with Falck surviving the battle to get the win.

He dove low when the white flag was displayed. One more time Gjere dove low and slid in front of Falck in turn two. The race still had two more turns and Falck executed yet another slider to take his third win in a row.

Falck did 20 pushups in victory lane for Join The Journey. The USRA Modifieds

feature also had a dominant performance by the winner. Aaron Benson started inside

the front row and took off from the start. He led the whole way for his first-ever win at Deer

NARVY'S NOTES The USMTS Modified series was in action at Cedar Lake Speedway in New Richmond

on June 16-18. Dustin Sorensen

picked up the win worth \$3,000

The USRA Stock Cars feature on Thursday while Jacob Bleess was 11th and Jake Timm was 25th. Timm also ran his Late Model and ran a strong fifth in the feature.

> On Friday, Sorensen finished in fifth, while Bleess was 14th. Timm finished one spot behind Bleess in 15th and Lucas Schott ended up 19th. Timm finished one spot better with his Late Model as he took third in their main event.

> Dereck Ramirez of Woodward, Okla., won the Modifieds in Saturday's finale which was worth \$10,000. Timm finished in third and Sorensen ran third while Bleess finished 16th. Sorensen still holds a 67-point lead over Tanner Mullens in the national USMTS points. The series is off until July 12 when they will be at the Mason City Motor Speedway in Mason City, Iowa.

ing report, please visit PostBulletin. com/sports

For a longer version of this week's rac-



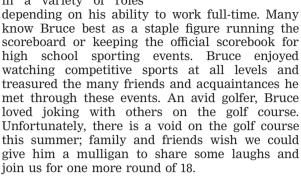


Obituaries

Bruce Gordon Johnson

Bruce Johnson, 58, of Byron, passed away on June 15, 2022. Bruce's life will be celebrated at Gloria Dei Lutheran Church on Saturday, June 25, 2022, at 11:00

A proud employee of Rochester Public Schools, Bruce served in a variety of roles



Diagnosed with kidney disease when Bruce was still a teenager, health concerns played a major theme throughout his journey on earth. He never complained and always resisted allowing his health to define how he embraced life. Bruce received the gift of life through five kidney transplants over nearly 40 years.

Born to O. Burton and Odys (Haagenson) Johnson on October 8, 1963, Bruce lived his earliest years in Caledonia, MN. Burton died when Bruce was three years old. Before his father's death, Burton asked Larry Danielson, his eldest daughter's soon-to-be husband, to play a fatherly role in Bruce's life. He graduated from Byron High School and Mankato State University.

Bruce is preceded in death by his parents in 1967 and 2018. Left to cherish his memory are Betty and Larry Danielson, Gloria and Norman Horn, Jill (Andrew) Seys, Adam Bruce (Christa) Danielson, Brian Horn (Dierdra Derrick), and Tina Horn (Matthew Randall) and great-nieces and nephews Ethan, Sophia, Parker, Sawyer Bruce, Vivian, Odgen and the many close friends who were like family.

In remembrance of Bruce's life, in lieu of flowers. consider honoring his positive outlook on life with contributions to Mayo Clinic or Gloria

Richard "Rich" Hammel

Richard "Rich" Hammel, age 79, Dover, MN, passed away on June 16, 2022, by surrounded his loving family at his home in Dover, MN.

Rich was born on March 20, 1943, to Paul and Margaret (Hanenberger) Hammel in Rochester, MN. After

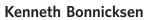
graduating from Dover-Eyota High School, Rich then attended Mankato State. On July 12, 1961, he was united into marriage to Mollie Reeves at St. Paul's United Church of Christ (The North Church). He worked at IBM for over 30 years, as a computer programmer and IT troubleshooter.

He was active on the school board, church council, Pheasants Forever, Dover Department for 29 years, and R & S Transport. He was an avid outdoorsman, spending summers camping, fishing, gardening, and hunting in the fall. He enjoyed watching the birds, MN Twins and Vikings. He was a handy-man and enjoyed woodworking. His family will remember him as a strong, smart, and funny man who was always smirking, while thinking of the next joke.

Holding Rich's memory forever in their hearts are his children, Robin (Steve) Erickson, Renee (Mike) Craig of Surprise, AZ, and Rodney (Liane) Hammel of Eyota; grandchildren, Kelsey (Jason) Loomis, Courtney (Cody) Baer, Carley Erickson (Max Fenske), Whitney (Cameron) Gilliam, Samuel Pennington, Riley (Morgan) Hammel, Kaylee Hammel (Dakota Merchlewitz); greatgrandchildren, Crosby and Lila Loomis, Penelope and Madelyn Baer, Lennon and Lincoln Fenske, Megan Gilliam, Chloe and Gretta Hammel, Kayden and Weston Merchlewitz and another due in November: siblings, Ardith Ihrke, and Howard Hammel.

Rich is preceded in death by, his wife, Mollie; parents, Paul, and Margaret; grandson, Dayton J. Pennington and brother, Gordon Hammel.

The funeral service for Rich will be held at 11:00 a.m. on Wednesday, June 22, 2022, at the Hoff Funeral Home in St. Charles, MN. A visitation will be held at the funeral home from 9:00 a.m. until the time of service. Burial will take place at Evergreen Cemetery in Dover, MN.



Kenneth Bonnicksen, 89. Rochester, MN died at his home June 19, 2022 from liver failure. He was born October 20, 1932 in Minneapolis, MN to Arthur and Claire Bonnicksen. The moved family to his Rochester younger years and he graduated from John



Marshall High School in 1951. Kenneth worked for IBM. On June 2, 1956 he married Ardith (Gail) Rogers. They lived in the Rochester and Spring Valley areas. Together they had 2 children, Dawn and Penny. They later divorced. Kenneth moved to Texas in 1975 where he met

Betty (Betts) Johnson. They married in 1976. He worked at Ellington Airport in Refrigeration/Air conditioning in Houston, TX. In his spare time, Kenneth built his own house (doing most of the work himself) on their acre lot near Manvel, TX. He also spent many hours with Betts' grandchildren, Michelle and Robyn. Betts died in March 2005. Several years later he purchased a condo in Rochester to be closer to his daughters in Minnesota. He then met Mildred Roth. They spent summers in Rochester and wintered at his Texas house. He permanently moved back to Rochester in 2016.

Kenneth was very supportive of his family but usually stayed quietly behind the scenes. He allowed everyone to live their lives the way they wanted. He could be a jokester but could also be truthfully blunt. He enjoyed dancing and playing cards. His presence will truly be missed.

Kenneth is survived by his daughters Dawn (Larry) Plenge and Penny (Scott) Kirtz both of Rochester; grandchildren Molly (Tim) Jungers of Oronoco, Bryan Kirtz of Rochester, step granddaughter, Michelle (Pedro) Gonzales of Deer Park, TX, step granddaughter, Robyn (Destiny) Davis of Pasadena, TX; step-son Michael Allen of TX; his brother Ronald (Gloria) Bonnicksen of Rochester; 9 step great-grandchildren great grandchildren, 9 step great, great grandchildren, many nieces and nephews, and special friend Mildred Roth. He was preceded in death by his parents, two brothers Kevin and Douglas, wives Ardith (Gail) Bonnicksen and Betty (Betts) Bonnicksen, and step-daughter Annis Bowen.

The funeral will be held at 11:00 a.m. on Friday, June 24, 2022 at Macken Funeral Home in Rochester with Pastor Gene Murrell officiating. Visitation will be 2 hours prior

to the service. Burial will be in Union Grove Cemetery.

Memorials preferred to the MACKEN family and will be determined at FUNERAL HOME



Dale C. Brown

Dale C. Brown, age 89, of Grand Rapids, passed away Thursday, February 17, 2022, at Grand Itasca Clinic and Hospital.

Dale was born in 1932 to Carl and Avis Brown in Fountain, MN and baptized at the Methodist Church Chatfield, MN. graduated from

Chatfield High School in 1949 and then enlisted in the United States Air Force, where he served as an airman first class from 1949-1952. Dale married and had five children. He remarried in 1974 to Marlene Quast and was the father to two stepchildren. Dale's love of woodworking encompassed both his profession and hobbies. He worked as a carpenter his entire career and enjoyed woodcarving, especially birds. He also enjoyed making knives, flying radio-controlled airplanes, and making jewelry during the 25 years spent wintering in Arizona.

Dale is preceded in death by his parents; stepfather, Paul Moneitt; daughter, Julie; and two sisters. He is survived by his wife, Marlene; children, Victoria McClure, Brad Brown, Wade (Diane) Brown, Carrie (Brian) Veitz; stepchildren. Keith (Lori) Menzel, Michelle (Shane) Fields; one sister; one brother; seven grandchildren; six stepgrandchildren; and numerous great and greatgreat grandchildren.

A Graveside Service will be held at 1 PM on Tuesday, June 28, 2022 at Chatfield Cemetery, Chatfield, MN. Pastor Keith Ratcliff officiating.

Arrangements are with the Rowe Funeral Home and Cremation Services of Grand Rapids, MN. To sign the online guestbook or send condolences visit www.rowefuneralhomeandcrematory.com.

Lorraine C. Meeker

Lorraine Meeker, 96, of Chatfield passed away Sunday, June 19, 2022.

Lorraine was born February 24, 1926, to Arthur Herman Bicknese and Sarah Marie (Schmidt) Bicknese in Chatfield, Minnesota. She was born and baptized on farm in rural



Chatfield. She was confirmed at St. Evangelical Lutheran Church in Chatfield and was the oldest lifelong member. She was active in the Evening Guild, Altar Guild, Ladies Aid, and was a Sunday school and Bible school teacher. She married Lyle John Meeker on March 16, 1944, at St. Paul Evangelical Church. They were married for 71 years. Lyle and Lorraine farmed in the Wykoff and Chatfield area their entire lives. She drove tractor, raised chickens, pigs, and dairy

Lorraine worked at Libby's canning factory, International Transport and People's Co-op Power. Lorraine enjoyed dancing, old-time music, fishing, genealogy, sewing, quilting, crocheting, ceramics, traveling and playing cards, but most of all she enjoyed hosting family gatherings.

Lorraine is survived by her children Larry (Charlotte) Meeker of Chatfield, Lowell (Diane) Meeker of Chatfield, Leslie Meeker (Sue Thompson) of Chatfield, Lana (Dave) Scanlan of Eyota, Lisa (Tim) Simpson of Chatfield, 17 grandchildren, 27 great grandchildren, daughterin-law Doris Meeker Frey, sisters-in-law, Luana (Lloyd) Meeker and Marian (Ervin) Bicknese.

She was preceded in death by her parents, husband Lyle, siblings Marvin, Ervin, and Marella, daughter Joyce Meeker, son Loren Meeker; daughter-in-law Franny (Baker) Meeker and granddaughter Doreen Meeker. A funeral service will be held at 11 a.m. Friday,

June 24 at St. Paul Evangelical Lutheran Church in Chatfield, with Pastor Peter Haugen officiating. Burial will follow the service at St. Paul Evangelical Lutheran Cemetery. Visitation will be held Thursday, June 23, 2022

from 5 pm to 7 pm at the church and one hour prior to the service on Friday.

Riley Funeral Home in Chatfield is assisting the family with arrangements. To share a condolence with the family, please

visit rileyfuneralhomes.com The family would like to

thank the Chosen Valley Care Center/Senior Living Center for MILEY the loving care extended to funeral homes & Lorraine during her stay.



DEATH NOTICES

Robert H. Rippentrop

Dec. 5, 1961 -May 11, 2022 ROCHESTER, Minn. - Robert H. Rippentrop, 60. Pine Island, Minn., died Wednesday, May 11, in Mayo Clinic's Methodist Campus from complications of JAK2-Myelofibrosis, a rare form of chronic leukemia.

A luncheon and celebration of life gathering will be from 1-4 p.m. Sunday, June 26, at VFW Post 4114 in Spring Valley, Minn.

Donald Timm

Oct. 24, 1926 -June 19, 2022 ST. CHARLES, Minn. Donald Timm, 95, Plainview, Minn., died Sunday, June 19, in Health Whitewater Services.

Arrangements Schad & Zabel Funeral Home.

Visit Modulist.news

- Listings for you or your business. ► Choose your listing type
- ► Choose the publications
- ► Choose the Listing Dates







Let us help you hear the precious moments of life!

Voted Rochesters Best Hearing Aid Center

NEW ROCHESTER LOCATION





www.amyswainhearingcenters.com



CAMPUS NEWS

Post Bulletin staff reports

SPRING 2022 DEAN'S LIST

Baldwin Wallace University – Rochester: Hannah Reinschmidt; Stewartville: Bobbie

Cedarville University Byron: Nina Friess; Rochester: Davis Anderton, Olivia Harris. **Central Lakes**

College - Pine Island: Edison Toft; Sargeant: Erik Bungum.

Clarke University - Rose Creek: Rory Bickler.

Concordia College Cannon Falls: Gage Hildebrandt; Kasson: Andrea Richard; Red Wing: Rachel Hauschildt; Rochester: Gabriel Hanson; Winona: Sophia Graff.

Harding University - **Pine Island:** Madeline

Hofstra University - **Rochester:** Nana

Bjornestad. **Luther College** Austin: Isaac Christopherson, Gideon Perez; Byron: Emma Vanbenschoten: Chatfield: Isabelle Berg, Sloan Clemens; **Dennison:** Josie Ramler; Hokah: Sidney Miller; Kasson: Jared Ellison; **Kenyon:** Layla Siolander: Kaitlyn Vold; La Crescent: Hannah Clarkin; Lake City: Hannah LaBonte; Lewiston: Cj Lee; Mantorville: Kaleb Thiesse; Mazeppa:

Cole Peters; Minnesota

City: Caleb Glodowski;

Pine Island: Lauren

Monosmith, Katilynn Becker; Red Wing: Lauren Radtke; Wooten: **Red Wing:** Rochester: Samuel Calvin Harper, Marshall Baule, Eleanor Forstie, Laidlaw; Rochester: Christopher Mauck, Sydney Clausen, Ethan Maggie Yadlosky. Erickson, Elena Freund, Daniel Hunsberger, Elizabeth King, Johanna Muenkel, Isaiah Nordine,

Swanson, Madilyn

Sela Rist, Alex Smith,

Anna Kjos, Noah

Mia Suzuki; Rushford:

Woxland; St. Charles:

Hursh; Sargeant: Kyal

Heydt; **Spring Grove**:

Wyatt Murphy, Amelia

Solum; Stewartville:

Kaylee Smidt; Utica:

Katie Dailey, Alayna

Helgemoe; Winona:

Morningside

Missouri State

Morgan Roark.

Kaitlyn Hui.

Stubbs.

Gibbons.

Stephen Hadaway, Haley

Zumbro Falls: Morgan

Kane, Dalton Ludington.

University - Zumbrota:

University – Rochester:

Peter Conner; Rochester:

Kaitlin Miller; Winona:

University – Rochester:

Jennifer Clark, Michael

Alabama - Rochester:

Anna Ogren, Thomas

York; Winona: Keyton

Dubuque – Caledonia:

Northern Illinois

University – Austin:

Hannah Sheridan.

University of

University of

University of

Fuhrmeister, Jacob

Meadow: Elizabeth

Venenga; **Grand**

Iowa – **Austin:** Jacob

Jenna Benzing.

Northern State

Hoffmann, Anna Rem;

Gloria Nelson,

Anna Decker, Emily

University of Notre Dame – Byron: Christine Farnberg.

Wartburg College - **Adams:** Madeline Merten; LeRoy: Haley Jacobsen; Mabel: Lauren Wyffels; Rochester: Colton Praska, Timothy

Wegnenack. Winona State Univeristy - Byron: Paige Adams, Jacob Anderson, Ashley Freese, Tate Halgrimson, Cassidy Ihrke, Sean LaPlante, Katelyn Meek, Allison More, Zowie Moses, Nathan Peterson, Kayle Pierce, Joshua Plank, Mason Prigge, Preston Satzke, Mackenzie Wannarka; Caledonia: Andrew Goergen, Gabrielle Hoscheit Ethan Jacobson, Owen King, Lydia Lange, Hailey Loken, Matthew Pearson, Wilfred Schmitz. Kyley Shefelbine, Eliza Welscher, Colten Welsh, Madison Winjum; Chatfield: Sabina Boettcher, Carissa Campbell, Michael Hrstka, Breya Kobs, Kayla Nelson, Kennedy O'Connor, Lincoln Salisbury, Dodge Center: Parker Boe, Sydney Gilliland, Andrew Head, Amelia McIntyre; **Dover:** Zack Kromminga; Elgin: Breena Fox, Matthew Johnson, Kaitlynn Kahn, Mikayla Rahman; Elkton: Haley Whipple; Eyota: Alexus Heins, Grahm Wibstad; Grand

Meadow: Zachary Myhre: Harmony: Ajay Jorgenson, Hadley Yoder; **Hayfield:** Taylor Burt, Cela Carney, Davi Flowers, Carolyn Hauschild, Rachel Pack: Kasson: Mason Agee, Mika Brannan, Riley Briggs, Wyatt Condon, Kaya Ditlevson, Morgan Hower, Easton Knoll, Olivia Larson, Molly McCool, Morgan Ness, Heather Rose, Sarah Schramel, Hanna Sorum, Tyler Upham; **Kenyon:** Caroline Doehling, Brianna Ryan; Lanesboro: Ryleigh Alery, Hailey Jenkins; Lewiston: Jacob Anderson, Zachary Anderson, Jade Fortsch, Alexis Reps, Zoe Rinn, Janae Salvetti, Peyton Sikkink, Jordan Tapp; Mantorville: Erik Hannigan, Dalton Head, Mycah Kelley, Lydia Perry; **Mazeppa:** McKenzie Cordes, Madison Kohn, Sarah Mensink: Oronoco: Christian Adamson, Cassidy Aleman, Sandra Galuska, Morgan Strop, Joshua Zincke; Peterson: Ethan Atkinson: Pine Island: Tanner Bates, Regan Bushman, Kiley Curlee, Elijah Kellner, Emily Kellner, McKenna Mathison; Plainview: Addison Graves, Isaac Holland, Emily Jurgensen, Madeson Sylvester; **Preston**: Emma Breitsprecher, Jaclyn Thomas; Racine: Sean Hansen; Rochester: Roberto Acuna, Azzam Alnahed, Gabriella Ashton, Nasrin Awad,

Bell, Madison Bowden, Marissa Bremseth, Reuel Brumley, Tess Buescher, Christopher Burbank, Joseph Carlson, Shinny Chang, Destiny Chea, Joseph Cistaro, Christian Collett, Ashley Courneya, Shawn Curtis, Cassidy Daniel, Emily Dawley, Annaliesa Diekvoss, Abigail Donkers, Taylor Drewes, Jordan Duffy, Emily Dunford, Audrey Ehling, Erin Eisman, Acts Elijah, Blake Endle, Erika Erlandson, Matthew Felmlee, Chloe Ferguson, Rylee Franko, Amanda Garcia, Taylor Gibson, Ethan Gjervik, Kayla Godfrey, Samuel Good, Nickolas Hackman, Naomi Hagstrom, Yeno Hakim, Abby Hall, Mariah Hall, Molly Hammes, Andrea Hart, Grace Haugen, Ethan Heinzel, Breanna Hiniker, Jerod Hofbauer, David Hurley, Elbashir Ibrahim, Vlajko Ivkovic, Cody Jacobson, Isla Jacobson, Jacob Johnson, Samuel Johnson, Emma Jones. Ethan Kaske, Austin Keller, Kristian Kennedv. Gabriella Klema, Kellie Kozak, Rylan Lane, Caitlin Larsen, Nicole Lillie, Zhicheng Liu. Kayla Livingston, Anna Lortscher, Alexus Mao, Ava Masterpole, Alli Michel, Whitney Moger, Najma Mohamed, Zeinab Mohamed, Seth Moore, Maiah Motley, Hazelee Mtanous, Benson Ni, Reynold Obuyekha, Krista Osteraas, Maxwell Owen, Shannon Padilla, Henry Paul, Georgia Petsch, Darya Pichurin,

Rector, Brooke Riess, Zorabella Rinkleff, Linsey Roe, Marcus Romenesko, Hannah Rowland, Lilly Rowland, Jayla Ryan, Laisha Sanchez, Ellen Siro, Samantha Soroos, Samuel Straubmuller, Keera Tijerina, Trinity Tripp, Joseph Uhlmann, Daniel Uphues, Ethan VanderWaerdt, Connor Vlasaty, Joshua Westfall, Catherine Winter, Emily Woodard, Mary Wright, Alexis Zenke; Rollingstone: Isabelle Gile, Rushford: Karissa Eide, Connor Johanson, Victoria Kjome, Jordan McNamer, Ariana Rasmussen, Noah Winrow; **Spring Grove**: Alyssa Johnson, Aimee Murphy, Kailee Olerud; Spring Valley: Ellie Buchholtz, Lauren Buchholtz, Philip Engesser, Kenzie Riess, Taylor Zimmerman; St. Charles: Angie Brogan, Kari Campbell, Brynn Danielson, Isaac Davidson, William Davidson, Izak Fritcher, Katherine Kramer, Ashley Paul, Kyler Reps, Gabriella Stowell: **Stewartville:** Jaidyn Brower, Sylvia Chase, Katie Hickman, Janessa Malone, Matthew Muller, Tanner Olson, Mark Young; Winona: Erik Derby, Bryce Dubois, Amy Lofgren, Spencer Majerus; Wykoff: Zachary Queensland, Jenna Schmidt; Zumbrota: Dylan

Steberg, Sadie Voth. Wisconsin Lutheran College - Goodhue: Katherine Weigand.

1947: 10,000 visitors visit Spring Grove

1997 - 25 years ago · A permanent display on Royal Air Force Flight Lt. Arthur G. Donahue can be seen at the St. Charles Public Library. The World War II flying hero was born and raised in St. Charles.

• More than 130 golfers teed off in the second annual Construction Partnership Women's Golf Open at Northern Hills Golf Course.

1972 - 50 years ago



THE DAY IN HISTORY Loren Else

 The Rochester Post Bulletin will pay the entire cost of the annual July 4th fireworks display. The cost is estimated at \$1,000. The

Rochester Symphony Band will present a concert preceding the fireworks celebration.

• Dr. George Woodward of National Speed Reading Schools announced a summer speed reading session in Rochester. Graduates are guaranteed a reading speed of over 1,000 words

per minute. 1947 - 75 years ago • An estimated 10,000 visitors flooded Spring

Grove on the third day of its fourth decennial homecoming. Martinus Glasoe was named winner of the longest

Mary Baker, Claudia

beard contest. • Lake City's annual water carnival will be staged on Lake Pepin. The three days of water events, street carnival, and sports contests will be climaxed with a

fireworks display. · It was announced that Helsinki, Finland,

was selected as the site for the 1952 Summer

Lauren Poch, Emma

Olympics. 1922 - 100 years ago This week, Hon. William Jennings Bryan paid visits to Waseca, Mankato, and New Ulm. Bryan stated he was interested in the election of senators and congressmen in Minnesota. (Bryan was the Democratic nominee for president in 1896,

1900, and 1908).

· The handsome new Bethel Lutheran Church is nearing completion on Third Avenue SW. The structure is a beautiful edifice replacing the old frame building that served as the place of worship for several

years. • There will be a dance at Ray Benedict's new barn, five miles east of the city. Dancing will be enjoyed from 9:00 p.m. till 2:00 a.m.

grew to appreciate them.

exhibit is largely focused

"The women in my

that I am because of the

motivated by my wife, too.

His sister and mom still

Through Speller, they met Aaron Spangler, a

Nemeth board member

and Park Rapids artist.

Park Rapids area in their

search for a new home.

When asked about

said, "It's great."

living in Osage, Rebollar

Spangler encouraged

them to consider the

family were always a

container of love and knowledge. I'm the person

women in my family,"

he said. "I'm really

And her sister, too."

live in Cuba.

MOVING NORTH

Rebollar said this

on female subjects

because of that.

Cuban-American flair in northern Minnesota

Exploring Blackness in rural part of the state the subject of Yunior Rebollar's work

BY SHANNON GEISEN Park Rapids Enterprise

PARK RAPIDS, Minn. - Cuban-American artist Yunior Rebollar recently relocated to Osage.

That's right. Little, ol' Osage of rural, northern Minnesota.

This summer, the Nemeth Art Center of Park Rapids was the first to showcase his art regionally. Rebollar's exhibit, entitled "Foreshadows," is on display through July 2.

Rebollar is from a small municipality called El Cotorro in La Habana, Cuba.

They were the only Black family in his neighborhood. Revolutionists were neighbors with counterrevolutionists, but they spoke easily and openly with each other, Rebollar recalled.

His parents worked for the government; his father a telecommunications

'We're talking Cuba in the '80s. There were a lot of things happening, politically speaking, and so coming into and out of Cuba, this was a privilege that you gained only by working for the government. We're talking after the revolution, so all these limitations were already in play about Cubans not being able to



Contributed / Nemeth Art Center

Cuban-American artist Yunior Rebollar poses next to one of his 70-by-50-inch acrylic paintings. Titled "Keeper of the Flame," the vibrant portrait features his wife, Jovan C. Speller. Rebollar describes his wife as "my guide. I love to float around her."

travel," he recalled. Rebollar said he speaks English because his parents traveled to embassies around the world. "English was the easiest bridge between them and the culture that they approached.

His family's openness to eclectic cultures would pave the way for Rebollar's creative expression.

On the Nemeth's Instagram account, he wrote, "That exposed me and my family to all kinds of information about what was happening in the rest of the world, which filled my imagination and gave me an uncommon sense of freedom."

At his artist reception

June 11 at Nemeth,

Rebollar said, "We're

diplomats, as a nation." An island has a limited capacity for population, he continued, so its people must explore and migrate.

INTRODUCING MINNEAPOLIS

In 2015, Rebollar was part of the U.S. Cuba Artist Exchange, a nonpolitical, nongovernmental and nonprofit organization that supports artists in both countries to connect through art.

"I was a producer and translator for them, and I was also working as an artist, connecting people

and going all over Cuba

bringing up new art," he

Rebollar received a five-year visa from the U.S. embassy to visit Minneapolis through the

exchange program. "That's how I met my

Jovan C. Speller is an accomplished Minnesota-based artist and photographer. Her exhibition at the Minneapolis Institute of Art, titled "Nurturing, and Other Rituals of Protection," runs through June 26.

They have two children: Silas, 4, and Felix, 2.

"Being a dad has filled my life with joy," he shared to Nemeth's Instagram. "These kids keep my senses sharp and my mind focused. They are the strongest motivation for all of my work."

Between 2015 and 2020, Rebollar split his time between Cuba and Minnesota.

His solo exhibition at the Nemeth is his first

personal show in more than a decade. And moving to Osage

was the beginning. "It's been a long coming

and going," he said. **HIS ARTISTIC PROCESS** At a young age, Rebollar

collected notebooks that

agendas.

his parents were using for

"I don't know why I got so into that. All I wanted was to have one to draw on," he recalled. "I started copying other people's drawings and stuff. I realized I couldn't stop

doing that." To this day, Rebollar said he is "quietly obsessed with paper and pencil sets."

Rebollar is a mixed media artist, primarily working in portrait drawing and digital art manipulation.

In his artist statement, he says his art "has been used as a tool to communicate and understand the world," "drawing inspiration from music, cinema. fashion, dance and pop culture.'

In the Nemeth exhibit, the work "focuses on closing gaps and building bridges to both real and futuristic representations of Blackness.' 'Foreshadows" relates

to "our Cuban beliefs in terms of the spiritual world," he explained.

Rebollar said Cuban women – his mom, sister, aunts and grandmother

this dream world would

They could be very

accurate as well, so he

always be about a character or a persona."

– tended to have these "visions" that were "very descriptive." "For some reason,

"I see human beings being human beings around me. I'm like, I don't need you to accept me all the time," he said. Rebollar wants

northern Minnesota to see his images of

Blackness. The vibrant colors in his family-friendly exhibit were inspired by

his children's toys. "This is not in Cuba. I can't see this in Cuba. Nobody makes this.

Nobody celebrates Blackness in this way," he said.



507-285-7777 | classified@postbulletin.com 1700 Greenview Dr SW | Rochester, MN 55902

Place your ad online at postbulletin.com/classifieds Employment ads: call 888-514-HIRE or email jobs@jobshq.com

HELP WANTED

Kohlnhofer FARMS

Full Time Hog Nursery Caretaker

Must work well on a team and have strong communication skills. Will be required to work with hogs. Benefits package offered.

Please contact Ellvn Kohlnhofer at 651-380-5409 or ellvnmk@hotmail.com for more information

HELP WANTED GENERAL

Successful practice seeks **Associate Dentist** because of increase in patient volume. Potential earnings \$300K plus. Includes benefits. Email:

drb@friendlysmiles fargo.com

Part Time Driver Community Food Response needs a part time driver to pick up and deliver donated food to our distribution site. Help hungry families here in Rochester, Mon, Wed,

Friday, 12:30 to 3:30 p.m. \$20/hour. Need your own vehicle (van, SUV, truck). Mileage reimbursement. Must be 18 or over with a good driving record. www.community foodresponse.org

Inquiries to: jmthoreson@charter.net

Kasson-Mantorville Community Education is seeking:

Child Care Teachers and Aides nfant / toddler / preschool) For Project Kids and Project Beginnings

to start Fall of 2022 Part-time and Full-time hours can range from 6am - 6pm, Monday - Friday

Please complete an application on-line at www.komets.k12.mn.us and include a resume, cover letter, and reference letters



HELP WANTED TRANSPORTATION

Class A CDL Local Milk Delivery Driver

Deliver to grocery stores, gas stations & schools in Rochester and surrounding areas. Great starting wage. Paid vacation & 6 paid holidays, health ins. & 401k available. Early morning start time. \$21/hr. & up DOE. 4 or 5 day work wk.

Please call Mark at 507-313-9463 or email: mark@riverland trucking.com or apply online at www. riverlandtrucking.com



PUBLIC/GARAGE SALES

Rochester, 55901 Multi-Family Garage Sale! 4317 4th St NW Sat & Sun, June 25-26 8am-5pm Lots of Halloween animatronics, household, garage items, & lots more!





MISCELLANEOUS FOR SALE



GREAT UTILITY VEHICLES WARM & QUIET! Mini trucks available from 1991-2021. Manuals & au-

tomatics. Dumps & Jumbo Cabs. We also have lift kits, tracks, tires, wheels & other accessories available!
Call Arlen, 763-234-9118
Bemidji, MN
Scott, 701-308-0101
Lisbon, ND

DEALS & STEALS

Riding lawmower, 42'' cut, 18HP. 507-273-7960 \$250

(2) 18-speed 26" Giant & Sebonna's bikes. Men & ladies. White & silver. Best offer. Call after 6pm. 507-843-3378

That new JOB feeling.



ANTIQUES & **COLLECTIBLES**

EXPERT CLOCK & WATCH Repairs/Sales. Antique & New 715-262-5705 "We give the gift of time"

SPORTING GOODS

Alumacraft 17ft Canoe with (2) paddles. \$275. 507-951-8765 leave msg.

TOOLS/SHOP EQUIPMENT

Flo-Dynamic FFX 1234 Series refrigerant recovery/ recycle/vacuum & recharge machine for new Freon, used very little, looks and runs like new, comes with \$350 worth of free Freon. Paid just over \$10,000. **Priced** reduced to \$4995! Call Iom at **Tom Heffernan Ford** Lake City, MN 651-345-5313

DOGS

AKC Mini Schnauzers 12 wks., vet checked, UTD on shots/worm, 2 M, 4 F, \$1250. Will meet. Call or text: 218-371-8232

Cockapoo Puppies Male & female, non-sheddiing, family raised, vet checked, shots, wormed, tails docked, dew claws removed. Ready to go 6/27. Call 507-236-5598

NON-SHED Teddy Bear Puppies! MELLOW amazing THERAPY/FAMILY dogs! Crate trained, shots. Asking \$675. 608-632-7687

7 Golden Retriever pups ready June 27. Females \$1200; Males \$1000. Deposit \$400. 507-202-1621

F1 GOLDENDOODLES Cream/Golden, M & F available. Parents AKC reg. Family raised. First shots &

vet checked. Ready June 9th. \$1,300. 507-298-5926

AKC English Springer Spaniel Puppies 4M. 5F. Liver & white.

(3) tri-color, Home raised. 641 426 6313

German Shepherd Puppies

9 weeks, ready for loving, for-ever homes. Long & short hair: 5 F, 5 M, \$1000. Serious inquiries call 218-452-1497

Shetland Sheepdog puppies AKC limited registration, dew claws removed, wormed &, 1st shots. Family raised. 1 sable female \$1200 & 1 sable male \$1000. 507-208-

F1BB Mini-Goldendoodles 4M, 4F born May 5, available for new homes last week in June. Hypo-allergenic, non-shedding, adult weight approx. 15 lbs. Family raised. Located in West Central MN. 320-287-1630

3153, Plainsview, MN.

AKC Great Danes Vet Checked, shots health guaranteed. 320-250-5041

AUTOMOBILES

2013 Lincoln MKX



Beautiful F1 Goldendoodle puppies! M & F. Cream & Black, born April 23. 507-208-9516



Gorgeous, family raised on farm AKC pups, OFA tested parents, Vet checked, up to date on shots \$1500. 218-590-7106 www.Poodlesaround.com



(Old English Shepherd & Standard Poodle cross) Hypo-allergenic, non-shed. Very cute & smart! UTD on shots & dewormer. Vet checked. Males & females. Prices reduced! 507-358-9684

HOMES FOR SALE



Spring Brook Dr., Winona. By Owner! Winona. By Owner!
Custom built home, design by prominent Mpls. Architect. 4800 sq. ft. Home with 3-4 bedrooms, 4 baths, gas fireplace & built in Techline office furniture. Great room leads into kitchen with custom built cherry cabinets & large island for sitting. Lower level with second kitchen, wet bar & large entertaining area. Situated on 2.5 acres with lovely bluff views. Large spacious views. Large spacious patio with waterfall.
Generator back up

Call Carol for appt. (507) 450-1199

HOMES FOR SALE



FOR SALE BY OWNER 1526 BUCKRIDGE DR. NE

Incredible opportunity to own nearly 2.5 private acres only 3 miles from Rochester just off Broadway (Hwy 63) north in Zumbro Ridge.

This 5-bedroom 4-bath home, plus main-level office, offers 3 finished levels totaling nearly 4,000 square-feet of living space. Home office on main level.

steel siding, Anderson windows and concrete driveway, including a circle drive in front.

22'x50'x14' heated shop large enough to accommodate a motorhome or boat.

> No open houses will be scheduled at this time.

for a home loan, call 507-261-5258 to schedule a private showing

PICKUPS

4 door SUV, all wheel drive, leather hot & cold seats, nav. system, reverse camera, new tires, panoramic power moon roof, alum wheels, loaded, show floor new, gorgeous metallic black finish. Sale priced at \$19,900! FREE \$200 gas card w/purchase of this vehicle thru 6/30! Tom Heffernan Ford Lake City, MN We pay top \$\$\$

Celebrating our 49th year! (651) 345-5313 tomheffernanford.com 2020 Kia Optima LE 4 door Sedan, only 23,000 actual miles,

reverse camera, lane

for used vehicles!

keeping system, alum. wheels, show floor new inside and out, gorgeous maroon metallic finish. this one stands out in the crowd. Sale priced at \$26,900! FREE \$200 gas card w/purchase of this truck

thru 6/30! **Tom Heffernan Ford** Lake City, MN We pay top \$\$\$ for used vehicles! Celebrating our 49th year! (651) 345-5313 tomheffernanford.com

PASSENGER VANS/BUSES

2003 Ford E150

Cargo Van Removable seats, V8 automatic, runs good. Sale priced at \$3,995! FREE \$200 gas card w/purchase of this

van thru 6/30! **Tom Heffernan Ford** Lake City, MN We pay top \$\$\$ for used vehicles! Celebrating our 49th year! (651) 345-5313 tomheffernanford.com



Start your career here. jobs*HQ* Forum

HOMES FOR SALE



The house has been updated with

3-car attached heated garage, plus detached

Bids start at \$650,000.

Serious buyers and those pre-approved

No realtors unless the buyer and/or agent pays the commission.

2014 Ford F150 XLT 4x4 Super Cab, automatic, air, alum. wheels power seat, running boards, trailer tow pkg. gorgeous platinum white finish, looks & runs like new. Sale priced at \$22,900! FREE \$200 gas card w/purchase of this truck by 6/30!

Tom Heffernan Ford Lake City, MN We pay top \$\$\$ for used vehicles! Celebrating our 49th year! (651) 345-5313 tomheffernanford.com

2018 Chev Colorado

4 door Crew Cab 4x4, Z71, V6, off road pkg., rear camera, remote start, alum. wheels, new tires, power bucket seat heated seats, trailer tow pkg., trailer brake controller, 40,000 actual 1-owner mi., gorgeous summit white finish. Sale priced at \$36,900! FREE \$200 gas card w/purchase of this truck! **Tom Heffernan Ford** Lake City, MN We pay top \$\$\$ for used vehicles! Celebrating our 49th year! (651) 345-5313 tomheffernanford.com

2013 Ford F150 XLT 4x2, 5.0 V8, only 60,000 actual 1 owner miles, automatic, running boards, trailer tow pkg. matching fiberglass topper, rust free, show floor new inside & out, alum. wheels, gorgeous silver finish, great truck! Sale priced at \$22,900! FREE \$200 gas card w/purchase of this truck thru 6/30! Tom Heffernan Ford Lake City, MN We pay top \$\$\$ for used vehicles! Celebrating our 49th year! (651) 345-5313 tomheffernanford.com

2018 Ford F150 4x4 4 door Crew Cab Lariat, leather hot seats, tonneau cover, trailer tow pkg., power pedals reverse camera, nav. system, run boards, alum. wheels, raised white letter tires, show floor new inside & out, gorgeous metallic gray finish. Save thousands of dollars from new cost - now sale priced at \$44,900! FREE \$200 gas card with purchase of this truck thru 6/30!

Tom Heffernan Ford Lake City, MN We pay top \$\$\$ for used vehicles! Celebrating our 49th year! (651) 345-5313

tomheffernanford.com

2017 Chevy 1500 SE Z-71 pkg., 4 door 4x4 extended cab, reverse camera, hot front seats, remote start, trailer tow pkg., run boards, spray on bedliner, tonneau cover, 5.3 V8 engine, gorgeous dark metallic gray finish, like new inside & out, alum. wheels, only 70,000 actual miles. Sale priced at \$37,900!

card with purchase of this truck thru 6/30! Tom Heffernan Ford Lake City, MN We pay top \$\$\$ for used vehicles! Celebrating our 49th year! (651) 345-5313 tomheffernanford.com

FREE \$200 gas



2000 GMC Sonoma Regular cab pickup, 2 whee drive, runs good, **\$4995!** FREE \$200 gas card with purchase of this truck thru 6/30! **Tom Heffernan Ford** Lake Park, MN We pay top \$\$\$ for used vehicles! Celebrating our 49th year! (651) 345-5313 tomheffernanford.com

2017 Ford F150 Lariat 4x4 4 door Super crew pickup, 3.5 Econo Boost V6, nav. system, reverse camera, new tires, blind spot monitoring system, lane departure warning system, power moon roof, front & rear hot leather seats, remote start, cool seats, chrome wheels, hot steering wheel, 50,000 actual 1 owner miles, tonneau cover, shadow black finish, show floor new inside & out! Save thousands from new cost at \$44,900! FREE \$200 gas card with purchase of this truck thru 6/30! Tom Heffernan Ford Lake City, MN We pay top \$\$\$ for used vehicles! Celebrating our 49th year! (651) 345-5313 tomheffernanford.com

2018 Ford F150 4x4 4 door Super Crew pickup XLT, remote start, reverse sensing system, 18" chrome wheels, 5.0 V8 engine, nav. system, reverse camera, trailer tow package, 36 gallon extended fuel tank, integrated trailer brake controller, tonneau cover, XLT luxury chrome sport package, dark gray finish, 35,000 actual 1-owner miles, sold & serviced by us since new, show floor new inside & out! Sale priced at \$43,900! FREE \$200 gas card w/purchase of this truck thru 6/30! **Tom Heffernan Ford** Lake City, MN We pay top \$\$\$ for used vehicles! Celebrating our 49th year! (651) 345-5313 tomheffernanford.com

SUVs

2003 Dodge Durango 4 door SUV 4x4, V8, automatic, air, trailer tow pkg., new tires. Sale priced at \$4995! FREE \$200 gas card with purchase of this SUV thru 6/30! Tom Heffernan Ford

Lake City, MN We pay top \$\$\$ for used vehicles! Celebrating our 49th year! (651) 345-5313 tomheffernanford.com 2018 Ford Escape SE 4 door 4x4, 21,000

actual miles, reverse camera, hot seats, roof rails, auto stop & start, gorgeous blue finish, show floor new. Sale priced at \$29,900! FREE \$200 GAS CARD w/purchase of this SUV thru 6/30! **Tom Heffernan Ford** Lake City, MN We pay top \$\$\$ for used vehicles! Celebrating our 49th year! (651) 345-5313 tomheffernanford.com

2016 Ford Explorer XLT 4 door 4x4, 3.5 V6, trailer tow pkg., remote start, reverse camera, special black alum. wheels, exceptionally clean throughout! Was \$27,900 - Now Sale priced at \$26,900! FREE \$200 gas card w/purchase of this SUV thru 6/30! **Tom Heffernan Ford** Lake City, MN We pay top \$\$\$ for used vehicles! Celebrating our 49th year! (651) 345-5313 tomheffernanford.com

MN LEGALS

2016 Jeep Renegade 4 door Sport, 48,000 actual miles, reverse camera, remote start. black alum, wheels. striking Omaha orange finish. like new throughout. Must be seen to appreciate! Sale priced at \$21,900! FREE \$200 gas card w/purchase of this SUV! Tom Heffernan Ford Lake City, MN We pay top \$\$\$ for used vehicles! Celebrating our 49th year! (651) 345-5313

2015 Subaru Legacy 4x4 4 door Limited, power sunroof, only 60,000 actual 1 owner miles, nav. system, reverse camera, leather hot seats, show floor new throughout. Where do you find a 4-door Sedan like this, but here! Sale priced at \$21,900! FREE \$200 gas card with purchase of this car thru 6/30! Tom Heffernan Ford Lake City, MN

We pay top \$\$\$ for used vehicles!

Celebrating our 49th year!

(651) 345-5313 tomheffernanford.com

tomheffernanford.com

2017 GMC Acadia SLT 4x4, 3rd seat, leather hot seats, only 70,000 actual miles, alum. wheels, new Michelin tires, luggage rack, trailer tow pkg., gorgeous magnetic gray finish, remote start, like new inside & out. Get ready for winter driving with this beauty!

Sale priced at \$29,995! FREE \$200 GAS CARD w/purchase of this SUV thru June 30! Tom Heffernan Ford Lake City, MN We pay top \$\$\$

for used vehicles! Celebrating our 49th year! (651) 345-5313 tomheffernanford.com



2015 Escape Titanium

4 door, all wheel drive, econo boost motor, trailer tow package, nav. system, leather hot seats, reverse camera. remote start, power lift gate, blind spot info system, gorgeous platinum silver metallic finish. Sale priced at \$19,900!

Tom Heffernan Ford Lake City, MN We pay top \$\$\$ for used vehicles! Celebrating our 49th year! (651) 345-5313 tomheffernanford.com

2013 Ford Edge Limited 4 door 4x4, all wheel drive, 70,000 actual miles, leather hot seats, dual power seats, nav. system. reverse camera, luggage rack, alum. wheels, newer tires, show floor new throughout, serviced by us always, gorgeous silver finish.

Sale priced at \$19,900! FREE \$200 gas card with purchase of this SUV thru 6/30!

Tom Heffernan Ford Lake City, MN We pay top \$\$\$ for used vehicles! Celebrating our 49th year! (651) 345-5313 tomheffernanford.com

2016 Ford Explorer XLT 4 door 4x4, leather hot seats, 3rd seat, dual panel moon roof, nav. system, trailer tow package, reverse camera, brand new tires, 1 owner, sold & serviced by us since new, gorgeous snowshoe white finish, looks & runs show floor new. Sale priced at \$28,900! FREE \$200 gas card w/purchase of this truck thru 6/30!

Tom Heffernan Ford Lake City, MN We pay top \$\$\$

for used vehicles! Celebrating our 49th year!

(651) 345-5313 tomheffernanford.com Thinking about



SUVs

2019 Ford Edge SEL Ford program vehicle, leather hot seats, reverse camera, hot steering wheel foot activated tailgate. remote start system, SOS post crash alert system, blind spot info system, gorgeous blue metallic finish, factory warranty. Sale priced at \$36,900! FREE \$200 gas card

w/purchase of this vehicle thru 6/30! **Tom Heffernan Ford**

Lake City, MN We pay top \$\$\$ for used vehicles! Celebrating our 49th year! (651) 345-5313 tomheffernanford.com

2020 Ford Escape SE 4 door all wheel drive, 16,000 actual miles, lane depart warning system, hot seats, power seats, cross traffic alert system, lane

keeping system, nav. system, reverse camera. blind spot monitoring system, co-pilot assist, show floor new throughout, gorgeous magnetic gray finish.

Sale priced at \$32,900! FREE \$200 GAS CARD w/purchase of this SUV thru June 30th! **Tom Heffernan Ford** Lake City, MN

We pay top \$\$\$ for used vehicles! Celebrating our 49th year! (651) 345-5313 tomheffernanford.com

2019 Ford Explorer 4 door 4x4 XLT, V6, trailer tow pkg., 27,000

actual miles, nav. system, reverse camera luggage rack, leather hot seats, power lift gate, remote start, XLT pkg., 20" alum. black wheels, factory warranty,

gorgeous platinum white finish, show floor new inside & out! Was \$42,900 - now

sale priced at \$41,900! FREE gas card w/purchase of this SUV thru 6/30! Tom Heffernan Ford Lake City, MN

We pay top \$\$\$ for used vehicles!

Celebrating our 49th year! (651) 345-5313 tomheffernanford.com

2019 Ford Edge SEL FWD 4 door, only 27,000

actual 1-owner miles, sold & serviced by us since new, hot steering, foot activated lift gate, remote start, lane keeping system, reverse camera, BLISS system, leather hot seats, show floor new inside & out, gorgeous

onyx black finish remaining factory warranty. Sale priced at \$36,900! FREE \$200 gas card

SUV thru 6/30! Tom Heffernan Ford Lake City, MN

We pay top \$\$\$ for used vehicles! Celebrating our 49th year! (651) 345-5313 tomheffernanford.com

2019 Ford Escape

Titanium 4 door 4x4, 2.0 Econo Boost engine, roof rack, hot leather seats, rear view camera nav. system, remote start, SOS post crash system, Ford Safe & Smart pkg., panoramic vista roof, lane keeping system, adaptive cruise control colission warning system, blind spot info system, alum. wheels, 1 owner, sold & serviced by us since new, gorgeous dark gray metallic finish, show floor new throughout.

Sale priced at \$29,900! FREE \$200 GAS card w/purchase of this SUV!

Tom Heffernan Ford Lake City, MN We pay top \$\$\$ for used vehicles! Celebrating our 49th year! (651) 345-5313 tomheffernanford.com

MN LEGALS

CERTIFICATE OF ASSUMED NAME STATE OF MINNESOTA Minnesota Statutes, Chapter 333 ASSUMED NAME: mytesfanesh PRINCIPAL PLACE OF BUSINESS:

845 2nd ST SW 5B Rochester Minnesota 55902 United States NAMEHOLDER(S):

Name: Rahel Kebede Gurara Address: 845 2nd ST SW 5B Rochester Minnesota 55902 United the undersigned, certify that I am signing this document as the person whose signature is required, or as agent of the person(s) whose signature would be required who has au-

thorized me to sign this document on his/her behalf, or in both capacities. I further certify that I have completed all

MN LEGALS

required fields, and that the informa rect and in compliance with the applicable chapter of Minnesota Statutes. I understand that by signing this document I am subject to the penalties of perjury as set forth in Sec-tion 609.48 as if I had signed this document under oath

DATE: 06/10/2022 SIGNED BY: Rahel Gurara MAILING ADDRESS: EMAIL FOR OFFICIAL NOTICES: sales@mytesfanesh.com (June 18 & 21, 2022) 74193

MN LEGALS

Cellco Partnership and its controlled affiliates doing business as Verizon Wireless (Verizon Wireless) proposes 155-foot monopole build telecommunications tower at the approx. vicinity of 2725 Whynaught Court SE, Rochester, Olmsted County, Minnesota, 55904. Public comments regarding potential effects from this site on historic properties may be submitted within 30 days from the date of this publication to Trileaf Corp, Danielle, d.eng@trileaf.com, 1821 Walden Office Square, Suite 500, Schaumburg, IL 60173, 630-227-0202. (June 21, 2022) 74208

STATE OF MINNESOTA COUNTY OF OLMSTED DISTRICT COURT THIRD JUDICIAL DISTRICT Court File No.: 55-PR-22-3198 In Re: Estate of David P. Kemmer. also known as David Peter Kemmer, David Kemmer Decedent

NOTICE OF AND ORDER FOR HEARING ON PETITION FOR FORMAL PROBATE OF WILL AND APPOINTMENT OF PERSONAL REPRESENTATIVE AND NOTICE TO CREDITORS

It is Ordered and Notice is given that on July 20, 2022 at 10:30 a.m., a hearing will be held in this Court at 151 4th St SE, Rochester, MN by Zoom, on a petition for the formal probate of an instrument purporting to be a copy of the Decedent's Will dated October 24, 2011 and for the dated October 24, 2011 and for the appointment of Barbara Robinson, whose address is 406 Center St., Lime Springs, IA 52155 as personal representative of the Decedent's estate in an unsupervised administration. tion. There will be no in person appearances. Any objections to the petition must be

raised at the hearing or filed with the Court prior to the hearing. If the peti-tion is proper and no objections are filed or raised, the personal representative will be appointed with the full power to administer the Decedent's estate, including the power to collect all assets; pay all legal debts, claims, taxes, and expenses; sell real and personal property; and do all necessary acts to administer the Decedent's estate

Notice is further given that, subject to Minn. Stat. § 524.3-801, all creditors having claims against the Decedent's estate are required to present the claims to the personal representative or to the Court within four (4) months after the date of this notice or the BY THE COURT Dated: 6/06/2022

/s/ Kathy M. Wallace Judge of District Court /s/ Hans Holland- Court Administra-

Nethercut Schieber PA Greg Schieber (395855) 32 Main Ave N, Harmony, MN 55939 Telephone: (507)886-6131 Email: greg@ranlaw.net ATTORNEY FOR PETITIONER (June 14 & 21, 2022) 72968 State of Minnesota

Olmsted County District Court Third Judicial District Court File Number: 55-PR-22-3422 Case Type: Informal Probate In re the Estate of Janet Shirley Hird, Decedent (Deceased person) Notice of Informal Probate of Will

and Appointment of Personal Representative and Notice to Creditors TO ALL INTERESTED PERSONS

Notice is hereby given that an amended application for informal probate of the above-named Decedent's Last Will dated November 12, 2022 has been filed with the Probate Registrar, and the amended application has been granted. Notice is also given that the Probate Registrar has informally appointed the following: Name: Gary M. Hird

Telephone number: 651-402-8979 Email: gmhird@gmail.com Address: 1469 Kent ST

St Paul MN 55117 as personal representative of the Estate of the Decedent. Any heir, devisee or other interested person may be entitled to appointment as per-sonal representative, or may object to the appointment of the personal representative. Unless objections are filed pursuant to Minn. Stat. § 524.3-607, and the court otherwise orders, the personal representative has full power to administer the Estate, including, after 30 days from the date of issuance of letters, the power to sell, encumber, lease or distribute real estate.

real estate.
Any objections to the probate of the Will, or to the appointment of the personal representative, must be filed with this court, and will be heard by the court after the filing of an appropriate petition and proper notice of

hearing. Notice is also given that, subject to Minn. Stat. § 524.3-801, all creditors having claims against the Estate are

required to present the claims to the personal representative or to the Court Administrator within four (4) months after the date of this Notice, or the claims will be barred.
/s/ Darla J. Busian
Date: June 3, 2022

MN LEGALS

Eyota, MN 55934 Phone: 507-545-2135 mknowlton@cityofeyota.com (June 21, 2022) 74878

Hans Holland
Court Administrator
Date: June 3, 2022 (June 21 & 28, 2022) 74880

MN LEGALS

Dover-Eyota ISD #533, County of Olmsted, Eyota, MN 55934, will receive sealed bids at the Office of the Supering deep Superintendent, Dover-Eyota High School, 615 South Ave. SW, Eyota, MN 55934, up to 12 Noon on Monday, July 11, 2022 for snow removal at Dover-Eyota Elementary School, Dover-Eyota High School, and Eyota Bus Cargas during the 2023 2023 Bus Garage during the 2022-2023 school year. Bids will be opened at 5:30 PM on **Monday, July 11, 2022** and the School Board will award snow removal bids on **Monday**, **July**11, 2022 at the 6:00 PM Board meeting on that day. The Board reserves the right to reject any or all bids. Board of Education School District #533 Eyota, MN 55934 By: Heather Duellman, Clerk. (June 21 & 28, 2022) 74253

NOTICE OF MORTGAGE FORE-

CLOSURE SALE
THE RIGHT TO VERIFICATION OF
THE DEBT AND IDENTITY OF THE ORIGINAL CREDITOR WITHIN THE TIME PROVIDED BY LAW IS NOT AFFECTED BY THIS ACTION.

of the following described mortgage: Mortgagor: Jody A Heath, a sin-

successors and assigns June 15, 2018 June 25, 2018 Dated: Recorded:

U.S. Bank National Assigned To: Association

Transaction Agent: Mortgage Electronic Registration Systems, Inc.
Transaction Agent Mortgage Identification

cation Number: 100139105013018527

Bank National Association Mortgage Originator: Alerus Financial, N.A. dba Alerus Mortgage LEGAL DESCRIPTION OF PROP-Apartment number fifteen. Valhalla number ten (10) and an un divided 4.5% interest in the common elements of Valhalla number ten in

This is Abstract Property. TAX PARCEL NO.: 742621023562 ADDRESS OF PROPERTY: 535 19th St NW Unit 15 Rochester, MN 55901 COUNTY IN WHICH PROPERTY IS

LOCATED: Olmsted

\$67,004.69 That prior to the commencement of this mortgage foreclosure proceeding Mortgagee/Assignee of Mortgagee complied with all notice requirements as required by statute; that no action

or proceeding has been instituted at law or otherwise to recover the debt secured by said mortgage, or any PURSUANT to the power of sale con-

2022, 10:00 AM PLACE OF SALE: Civil Division of

to pay the debt then secured by said Mortgage, and taxes, if any, on said premises, and the costs and disbursements, including attorneys' fees allowed by law subject to redemption within 6 Months from the date of said

sale by the mortgagor(s), their personal representatives or assigns. DATE TO VACATE PROPERTY: The date on or before which the mortgagor must vacate the property if the mortgage is not reinstated under Min-nesota Statutes section 580.30 or the property redeemed under Minnesota Statutes section 580.23 is January 5.02023 at 11:59 p.m. If the foregoing date is a Saturday, Sunday or holiday, then the date to vacate is the next business day at 11:59 p.m.
MORTGAGOR(S) RELEASED
FROM FINANCIAL OBLIGATION ON

582.032, DETERMINING, AMONG OTHER THINGS, THAT THE MORT-GAGED PREMISES ARE IMPROVED WITH A RESIDENTIAL DWELLING OF LESS THAN FIVE UNITS, ARE NOT PROPERTY USED IN AGRICULTURAL PRODUCTION, AND ARE ABANDONED. Dated: May 11, 2022 U.S. Bank National Association, Assignee of Mortgagee

801-355-2886
651-228-1753 (fax)
THIS COMMUNICATION IS FROM A
DEBT COLLECTOR ATTEMPTING
TO COLLECT A DEBT. ANY INFORMATION OBTAINED WILL BE USED
FOR THAT PURPOSE.
MN11148



ANNUAL DISCLOSURE REPORT

City of Eyota, Minnesota

Annual Disclosure of Tax Increment Districts for the Year Ended December 5,840

31, 2021 TIF District Name/Number Current net tax capacity
Original net tax capacity
Captured net tax capacity Principal and interest payments due in 2022
Tax increment received in 2021
Tax increment expended in 2021 Month and year of first tax increment receipt Date of required decertification

July, 2019 December 31, 2027 Increased property taxes to be paid from outside the district if fiscal disparities Option A applies 0 Additional information regarding each district may be obtained from: Marlis Knowlton, City Clerk-Treasurer City of Eyota PO Box 328

MN LEGALS

BID NOTICE

County of

Dover-Eyota ISD #533, County of Olmsted, Eyota, MN 55934, will receive sealed bids at the Office of the

Superintendent, Dover-Eyota Public Schools, 615 South Ave, Eyota, MN 55934, up to 12 Noon on Monday,

July 11, 2022, for the furnishing of dairy products for the 2022-2023 school year with delivery to be by

dairy products for the 2022-2023 school year, with delivery to be by 9:00 AM for that day's needs. Bids will be opened at 5:30 PM on Monday, July 11, 2022 and the School Board

will award dairy product bids at the 6:00 PM Board Meeting that day in the Dover-Eyota High School.

Bids may be in letter form, sealed,

may be delivered or mailed directly to

the Superintendent of Schools, and

should be marked "Dairy Bid" on the

envelope. The Board reserves the

right to reject any or all bids. Board of

Education School District #533 Eyota, MN 55934 By: Heather Duell-

Dover-Evota ISD #533, County of

Olmsted, Eyota, MN 55934, will receive sealed bids at the Office of the

Superintendent, Dover-Evota High

School, 615 South Ave. SW, Eyota, MN 55934, for gas and diesel fuel for the 2022-2023 school year. Specifi-

cations may be obtained at the Office of the Superintendent or by calling 507-545-2125. Bids may be in letter

form but must include all specifica-tions. Sealed bids must be mailed or

delivered directly to the Superinten-

dent of Schools, marked "Fuel Bid" on the envelope, and must be received no later than 12 Noon on Monday,

STATE OF MINNESOTA

COUNTY OF OLMSTED
THIRD JUDICIAL DISTRICT
DISTRICT COURT

PROBATE DIVISION Court File No. 55-PR-22-3524

LuAnn Marlyss Schultz, a/k/a LuAnn

NOTICE AND ORDER OF HEAR

OF WILL AND APPOINTMENT OF

PERSONAL REPRESENTATIVE AND NOTICE TO CREDITORS

It is Ordered and Notice is given that on August 24, 2022, at 10:30 a.m., a hearing will be held in this Court at 151 4th St. SE, Rochester, Minnesota, by Zoom, for the formal probate of an instrument purporting to be the Will of the Decedent dated.

be the Will of the Decedent dated.

June 1, 2016, and purported Codicil to the Will dated January 18, 2022

"Will"), and for the appointment of

Christian Ben Hennebeck, whose address is 160 Sandbar Ct. NE, Rochester, MN, 55906 as Personal

Representative of the Estate of the Decedent in an UNSUPERVISED ad-

ministration. There will be no in per-

son appearances.

Any objections to the petition

must be mailed or filed by paper or in the electronic filing system, to-gether with the court filing fee with

the Olmsted County District Court at 151 4th St SE, Rochester, Minnesota 55904 prior to the hearing instead of

made in person. If proper and if no

objections are filed or raised, the Personal Representative will be ap-

pointed with full power to administer the Estate including the power to col-lect all assets, to pay all legal debts,

claims, taxes and expenses, to sell real and personal property, and to do all necessary acts for the Estate.

Notice is also given that (subject to Minnesota Statutes section 524.3-801) all creditors having claims

against the Estate are required to

present the claims to the Personal Representative or to the Court Ad-

ministrator within four months after

the date of this Notice or the claims will be barred.

(COURT SEAL)
Hans Holland - Court Administrator
Attorney for Petitioner

30 3rd St Se 400 Rochester, MN 55904 Attorney License No: 113104 Telephone: (507) 288-9111 FAX: (507) 288-9342 Email: wvolkmar@dunlaplaw.com (June 21 & 28, 2022) 74873

apartments*HQ* 🚮.

www.apartmentsHQ.com

Dunlap & Seeger, P.A 30 3rd St SE Ste 400

BY THE COURT

/s/ Kathy M Wallace Judge of District Court

(June 21 & 28, 2022)

Estate of

M. Schultz,

Decedent

(June 21 & 28, 2022) 74259

BID NOTICE

NOTICE IS HEREBY GIVEN, that default has occurred in the conditions

Mortgagor: Jouy A Freati, a single person, single woman Mortgagee: Mortgage Electronic Registration Systems, Inc., as mortgagee, as nominee for Alerus Financial, N.A. dba Alerus Mortgage, its

Olmsted County Recorder Document No. A1451720

Dated: January 21, 2022 Recorded: January 21, 2022 Olmsted County Recorder Document No. A1557922 Transaction

Lender or Broker: Alerus Financial, N.A. dba Alerus Mortgage Residential Mortgage Servicer: U.S.

the City of Rochester, Olmstead County, Minnesota.

ORIGINAL PRINCIPAL AMOUNT OF MORTGAGE: \$68,000.00 AMOUNT DUE AND CLAIMED TO BE DUE AS OF DATE OF NOTICE:

tained in said mortgage, the above described property will be sold by the Sheriff of said county as follows: DATE AND TIME OF SALE: July 5,

Sheriff's Department, 101 SE Fourth Street, Rochester, MN

MORTGAGE: NONE THE TIME ALLOWED BY LAW FOR REDEMPTION BY THE MORT-GAGOR, THE MORTGAGOR'S GAGOH, THE MONTGAGOH'S PERSONAL REPRESENTATIVES OR ASSIGNS, MAY BE REDUCED TO FIVE WEEKS IF A JUDICIAL ORDER IS ENTERED UNDER MINNESOTA STATUTES SECTION 582.032, DETERMINING, AMONG OTHER TUNINGS THAT THE MORE

signee of Mortgagee
By: HALLIDAY, WATKINS & MANN,
P.C.

Attorneys for: U.S. Bank National Association, Assignee of Mortgagee 101 Fifth Street East, Suite 2626 St. Paul, MN 55101 801-355-2886

MN11148 (May 17, 24 & 31; June 7, 14 & 21, 2022) 63955



77 5,763

16,013 7,918 1,719

COMPLETE

- Additions - NEW Construction

Hardwood & Laminate Flooring

Windows - Doors - Siding - Roofing

Decks - Concrete - Privacy Fences

Providing Service for 35 Years Jeff Wetzstein

507-529-1833

Lic. #BC20634563

Notice is hereby given that an application for informal probate of the above-named Decedent's Last Will dated November 12, 2010 has been filed with the Probate Registrar, and the application has been

State of Minnesota

Olmsted County

District Court

Third Judicial District

Court File Number: 55-PR-22-3421 Case Type: Informal Probate In re the Estate of Russell Malcolm

Hird, Decedent (Deceased person)

Notice of Informal Probate of Will
and Appointment of Personal

Representative and Notice to

TO ALL INTERESTED PERSON

Creditors

granted. Notice is also given that the Probate Registrar has informally appointed the following: Name: Gary M. Hird Address: 1469 Kent ST

St Paul MN 55117

AND CREDITORS:

Telephone number: 651-402-8979 Email: gmhird@gmail.com as personal representative of the Estate of the Decedent. Any heir, devisee or other interested person may be entitled to appointment as per-sonal representative, or may object to the appointment of the personal rep-

resentative. Unless objections are filed pursuant to Minn. Stat. § 524.3-607, and the court otherwise orders the personal representative has full power to administer the Estate, including, after 30 days from the date of issuance of letters, the power to sell, encumber, lease or distribute real estate. Any objections to the probate of the

July 11, 2022. Bids will be opened at 5:30 PM on Monday, July 11, 2022 and the School Board will award bids Will, or to the appointment of the personal representative, must be filed with this court, and will be heard by at the 6:00 PM Board Meeting on Monday, **July 11**, **2022**. The Board reserves the right to reject any or all the court after the filing of an appro-priate petition and proper notice of hearing. Notice is also given that, subject to Minn. Stat. § 524.3-801, all creditors bids. Board of Education School District #533 Eyota, MN 55934 By: Heather Duellman, Clerk.

having claims against the Estate are

required to present the claims to the personal representative or to the

Court Administrator within four (4) months after the date of this Notice or the claims will be barred. /s/ Darla J. Busian Date: June 3, 2022 <u>Hans Holland</u> Court Administrator Date: June 3, 2022 (June 21 & 28, 2022) 74886

State of Minnesota Olmsted County District Court Third Judicial District Court File Number: 55-PR-22-2969 Case Type: Informal Probate
In re the Estate of Diane M. Mc-

Gowan, Deceased

Notice of Informal Appointment of Personal Representative and No-tice to Creditors (Without a Will) TO ALL INTERESTED PERSONS AND CREDITORS:

Notice is hereby given that an appli-cation for informal appointment of personal representative has been filed with the Probate Registrar. No will has been presented for probate The application has been granted.

Notice is also given that the Probate Registrar has informally appointed the following: Name: Krista D McGowan Address: 608 17th Street NW Rochester, MN 55901

as Personal Representative of the

Estate of the Decedent. Any heir, devisee or other interested person may be entitled to appointment as Per sonal Representative, or may object to the appointment of the Personal Representative. Unless objections are filed pursuant to Minn. Stat. § 524.3-607, and the court otherwise orders, the Personal Representative has full power to administer the Estate, including, after 30 days from the date of issuance of letters, the power

to sell, encumber, lease or distribute real estate. Notice is also given that, subject to Minn. Stat. § 524.3-801, all creditors having claims against the Estate are required to present the claims to the Personal Representative or to the Court Administrator within four (4)

months after the date of this Notice. or the claims will be barred. /s/ Deanna Verdick Deputy Probate Registrar Date: 6/14/2022

<u>Hans Holland</u>

Court Administrator





JOBSHQ.COM

BRICK & STONE REPAIR

Stucco repair, chimneys,

walls, foundations. Resi-

dential & commercial. Free estimates! Chuck

715-307-3421, Ellsworth

Quality

Restoration

QualityRestorationAllMasonry.com

Brick . Block . Stone

Caulking • Retaining Walls

Chimneys • Foundations

Tuck Pointing Specialist

Cleaning and Sealing

All Masonry • Stucco Repairs

Douglas Boatright

(507) 272-1622

► CONSTRUCTION ► GUTTERS ► HANDYMAN ► LAWN CARE ► PAINTING ► SMALL ENGINE

► CARPET CLEANING ► HOUSEKEEPING ► MECHANIC ► ELECTRICAL ► AND MORE!

MASONRY

DRYWALL/SHEETROCK

DALE ROCKS DRYWALL - Hang, tape, texture, prime, paint, reasonable rates. 612-770-8043 cell

GARAGE DOOR INSTALLATION

R&R OVERHEAD GARAGE DOOR SERVICE: Residential/Commercial Doors, Openers, Sales, Install, Repair. CALL: (715) 792-2416.

HOME IMPROVEMENT



REMODELING Kitchens - Bathrooms

- Ceramic Tile - Handyman, etc.

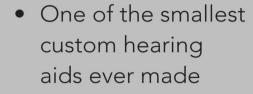
INSERT MEMORIES HERE

homes

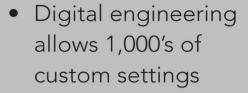
CLICK | SEARCH | DONE

jobs**HQ**

Tiny Micro-Chip In the Ear: Now Available!







Controlled by state-of-the-art software



Now You See It...



Now You Don't!



MOST INSURANCE PLANS ACCEPTED INCLUDING BLUE CROSS BLUE SHIELD

Miracle-Ear Hearing Aid Center is now offering HEARING AIDS AT NO COST TO MOST FEDERAL EMPLOYEES!

See store for details.

SPACES ARE LIMITED! Call Today for Your **FREE* Comprehensive Hearing Evaluation**





- 100% Satisfaction Guarantee**
- 3-Year Limited Warranty[†]
- Free Lifetime Service
- Over 1,500 Locations **Nationwide**

Miracle-Ear MINI™

Valid on MINI Solution 1 only. Exp. 6/29/2022

BETTER HEARING EVENT!

June 27th - 29th

We have a factory trained specialist ready to help you start your hearing journey.



CALL TOLL FREE 1-888-387-3068

MIRACLE-EAR HEARING AID CENTERS

SHOPPES ON MAINE

4270 Main Ave SE meoffer.me/rochester-mn Anthony Wilson, HIS

WINONA

East Lake Plaza 940 Frontenac Dr. meoffer.me/winona Anthony Wilson, HISe

RED WING

3049 S. Service Drive meoffer.me/redwing Christopher Kaufman, HIS

FINANCING OPTIONS AVAILABLE THROUGH JUNE 30TH

100% FINANCING APPROVAL**



12 MONTHS**

*Hearing test is always free. Hearing test is an audiometric test to determine proper amplification needs only, not a medical exam. **If you are not completely satisfied, the aids may be returned in a satisfactory condition within 45 days for a full refund. Fitting fee may apply. †Not valid ME Solution 1 Hearing Aids. Blue Cross Blue Shield is a registered trademark of Blue Cross Blue Shield. Blue Cross Blue Shield is not affiliated with, nor does it endorse or sponsor the contents of this advertisement. Trademarks referring to specific providers are used by Miracle Ear for nominative purposes CODE: VH192970 only: to truthfully identify the source of the services about which information is provided. Such trademarks are solely the property of their respective owners.

TUESDAY, JUNE 21, 2022

▶▶▶ POSTBULLETIN.COM

Events to look forward to this weekend

Cooking class for little chefs. Asheville bluegrass

BY JOHN MOLSEED

Post Bulletin

ROCHESTER — The owners of Chez Bojji work to curate a restaurant experience where everyone is welcome.

Regardless, on most nights, they would prefer children to stay out of the kitchen. However, Sunday, kids are invited to learn to make a couple dishes and a dessert.

The downtown Rochester Restaurant is hosting a free kids cooking class. Kids ages 8 to 14 can try their hands at making a Margherita

flatbread, an Italian cheese panini sandwich and French strawberry crepes.

SOUNDS OF ASHEVILLE AT THESIS

The Fireside Collective is a fiery, creative force in the recent wave of "newgrass" folk bands out of Asheville, North Carolina.

Another thing Asheville is known for is its craft beer culture.

If Thesis Beer Project can attract the Fireside Collective, they must be doing something right. Treedome curated this month's music selections at Thesis for June. That effort will culminate in this anticipated ticketed event. Joe Ward opens the show.

Contact John Molseed at imolseed@postbulletin.com.

Ken Klotzbach / kklotzbach@postbulletin.com



Photos by John Molseed / Post Bulletin

ABOVE AND BELOW: A part of an ongoing art project, "98% Air" by Minnesota artist Presley Martin, on display outside the Rochester Art Center on June 12. This piece is one of about 20 throughout Minnesota, North Dakota and Wisconsin as part of the Franconia Sculpture Garden's 4Ground Biennial

Turning trash to art

Unique art project in downtown Rochester

BY JOHN MOLSEED

Post Bulletin

t first glance, the field of sculptures outside the Rochester Art Center looks like something natural.

A closer inspection reveals the shapes on top of the hundreds of wood spindles are actually trash — plastic and foam pulled from the Mississippi River.

Even so, each piece was shaped by nature as wear and tear in a natural setting was inflicted on them before they were pulled from the water by artist Presley Martin.

The work is the latest and largest installation of Martin's ongoing project "98% Air."

So far, Martin has collected and incorporated more than 9,000 foam pieces from the river into the work.

Martin also assembles trail markers with some of the pieces of debris he has collected from the river's shore. The markers resemble a stack of rocks. Some are on display inside the art center.

It's fitting the installation overlooks the Zumbro River on the west side of the Rochester Art Center. That water is bound for the Mississippi to the east.

It came to Rochester via the Franconia Sculpture Garden's inaugural 4Ground Biennial

One of the goals of the project is to raise the profile of arts organizations, artists and environmental organizations. Franconia also tapped groups



If you go

WHAT: Presley Martin Artist

WHEN: 11:30 a.m., June 26,

WHERE: Rochester Art Cen-

ter, 30 Civic Center Drive.

advocating for indigenous and native peoples and worked to include artists from those communities.

"We really want people to go places they normally don't go to and get to know the history of the people and the land,' said Ginger Porcella, executive director and chief curator at the Franconia Sculpture Garden.

Most of the 4Ground installations are outdoors and many are by water which Porcella said is part of the point of the project.

"It's just getting people to think about the impact people have on the land and think about what they can do," she

The outdoor installation in Rochester is one of 17currently on display as part of the 4Ground project. Most are in Minnesota with some in North Dakota and Wisconsin. A full map can be viewed at the 4Ground website,

4groundbiennial.org. Most of the sculptures and art installations will be up from June through August, Porcella

"Most of them are meant to be ephemeral in nature," she

Porcella has also personally visited all of them so far, she

She said she enjoyed the "98% Air" piece and its resemblance to something found in nature.

See PROJECT, Page C2

Youness Bojji, seen here Oct. 14, 2020, is the executive chef at

the newly opened Chez Bojji at 301 N. Broadway in Rochester.

Contributed

The Fireside Collective

If you go

WHAT: Free Kids Cooking Class.

WHEN: 11 a.m., Sunday, June 26, 2022.

WHERE: Chez Bojji, 301 N. Broadway Ave.

If you go

WHAT: The Fireside Collective with Joe Ward. WHEN: 6:30 p.m., Sunday June 26, 2022. WHERE: Thesis Beer Project, 1929 Second St. SW. HOW MUCH: \$10 advance, \$15 at the door.

Instead of dinner, make it a dessert date 'Life is short and unpredictable. Eat the dessert first.'

here are some incredible desserts coming out of local restaurant kitchens, almost edible works of art. There's just one problem: We're usually too full from the meal to order one. There is however a solution

to this dessert dilemma, thanks to Helen Keller who said, "Life is short and unpredictable. Eat the dessert first.' We can even go one step

further, instead of going out to dinner make it a dessert date. The thing you have to figure out is where to go first. I recently did a little research on this and though I didn't eat every dessert in town. I managed quite a few (with a little help from my friends).

Among the things I learned is that there is no shortage of creative desserts here, most made in-house. There are cakes, puddings, custards and pies. The most popular? Cakes.



FOOD FOR THOUGHT Holly Ebel

This is by no means a complete list but it may give you a few ideas and suggestions:

The Crepe Cake at Bleu Duck (14 4th St.). This is a masterpiece of desert creativity with 16-18 housemade crepes, each layer covered with a light filling of

with sea salt and caramel. The flavorings change from time to time. According to co-owner Jenny Lester, coming up is strawberry, then maybe chocolate and possibly a citrus of some sort. A portion

whipped mascarpone flavored

is quite generous and easily shared. Though it looks as if it might be very rich, it isn't and instead tastes light, not overly sweet, even fluffy. You might also choose from a chocolate cake roll or a Key lime cake. These confections are all created and baked by Midori of Patisserie M, part of the restaurant's culinary team.

Then there is the Irish Cake, a specialty at Prescott's (1201 Broadway Ave. S). As owner Chef Chris Rohe explained, "This has been a dessert we've baked for years around St. Patrick's Day. However, we were getting so many requests for it we decided to add it to the menu. It's one of our best

Baked by long-time pastry chef Paige, this three-layer chocolate cake uses Guinness as the liquid in the batter. The whipped cream frosting

is flavored with Bailey's Irish



Contributed / Holly Ebel

Coconut cake from Crave.

Cream and Jameson whiskey, making it very Irish. The flavors were subtle, worked well together, nothing overpowering like alcohol flavoring can sometimes be. If he has it, the Baked Alaska is also worth ordering. A big dessert, perfect for sharing.

When the Hubbell House (502 N. Main St., Mantorville) re-opened I worried the bread menu, I ventured out. There it was, Pappy's Famous Bread Pudding with caramel sauce. The original recipe is from

pudding might be off the

great-grandmother Mary Pappas and has barely changed over the years. Still their best seller, there are layers of bread

See **DESSERT**, Page **C2**

Large print options needed on labels

ear Heloise: Is there any way to get America's businesses and medical resources, as well as any agency that prints anything, to make the font and print large enough so elderly persons can read it? "It" includes such important information as pharmacy labels, amounts for recipes and instructions for putting together products. They've given a new meaning to "small print."

My wife and I are in our 80s and can see reasonably well but need to get out a magnifying glass to read this important information. More often than not, the magnifier is not strong enough, and I have to resort to using our PC's



HINTS FROM HELOISE

printer to magnify the words, which is almost impossible in the case of a label. We shouldn't have to do this.

I've been thinking about this for some time, and I find there are few exceptions, which I would describe as a font that is as easy to read as an email or text. Help! – David, Mount Sidney, Virginia

Dear Heloise: I saw the question from Anne of Omaha about her lumpy gravy. I never have lumps. Here's what I do: Add flour to cold liquid in a separate cup (water, milk, broth, whatever you need to use) and use a small whisk to get it smooth. Add this to your hot pan juices and whisk in. I never add flour directly to hot gravy. I get lumps every time if I do.

I've been doing this for 50 lump-free years of marriage! – Janice Smith, Kinsman, Ohio

Janice, another reader had a similar hint:

Dear Heloise: My mom's secret to no lump gravy is to add the flour to approximately a half cup of water, not to your pan droppings. Mix well to get all the lumps out. And then add to pan drippings, scraping to get all the good flavor from the pan. Stir as it heats up and add additional water to get the

consistency you want. No lumps in your gravy! – A Reader, via email

Dear Heloise: I've been reading this column for at least 40 years. I like to wear most of my clothes more than once before laundering to save water, electricity and wear-and-tear on the clothes. After using different hints to keep track, it finally dawned on me to just have a small section of my closet rod designated for clothes that have been worn, waiting to wear again, before going in the laundry. I just hang them there when I take them off, and I am able to easily keep track! Seems so obvious, I should have thought of it years ago! -M.C. in Tennessee

Dear Heloise: I read your column in the

Waco paper. A lady said she had a car problem and the car was only three years old. She should have gone to her dealership. Most cars nowadays have longer warranties than years past, and sometimes certain problems go past the warranty expiration! I also learned this years ago: One of the best places to get garage references is to go to the auto parts stores and ask for their recommendations! A local parts store is the best, not a chain store. – C.E., via email

Send a money-saving or time-saving hint to Heloise, P.O. Box 795001, San Antonio, TX 78279-5001, or you can fax it to 1-210-HELOISE or email it to Heloise@Heloise.com.



Cats

SRAVYA SEETAMSETTY

Ten cats in a litter box Nine cats sleeping Eight little snores Seven different colors Six yummy treats Five balls of yarn Four legs per cat Three scratching posts Two old cats One fat cat

Sravya Seetamsetty is a 10 year old Rochester resident. She attends school at Rochester Public Schools. The Post Bulletin publishes poetry by local and area writers every Tuesday. Send poems to life@postbulletin.com with the subject line "Poetry submission."

Project

From page C1

"It's great to see it move in the breeze," she said.

"It's a lot of time on the road, but it's my baby and I kind of did this to myself," she said.

Planning for the next project has already begun with more sites in Wisconsin being added along with adding at least one in South Dakota.

The 4Ground project will likely be ongoing, but given the time and logistics to set up art installations with various organizations throughout the upper Midwest, it will be held every two years.

People interested in Martin's piece can hear directly from the artist about it. He will be at the art center to give a tour of his work and talk about the exhibition Sunday, June 26, 2022.

Contact John Molseed at



Start your



career here.

jobshq.com







Contributed / Holly Ebel

Prescott's Irish cake, made with Guinness, Bailey's and Jameson.

Dessert

From page **C1**

soaked with milk, cinnamon, raisins and topped with the original in-house caramel sauce. The pudding is dense and the sauce complements it perfectly. As Alaina Pappas-Mitchells said, "Pappy's Bread Pudding is to the Hubbell House what Bunny's Cake is to the Canadian Honker." (Which is also on the

dessert menu.)

After hearing the intriguing story behind the \$10,000 Coconut Cake at Crave (220 Broadway Ave. S.), you'll definitely want a slice.

The dessert comes from a recipe that originally belonged to a husband and wife team who owned a bakery in Minneapolis. They divorced and the recipe was a big issue in the settlement. Crave bought it for \$10,000. The



Contributed / Bleu Duck

Bleu Duck's crepe cake.

recipe now belongs to the eatery and is made in-house. Trust me, it was worth every cent. Lightly flavored and moist, not too sweet, and with a heavenly coconut frosting – similar to 7-minute frosting – a customer favorite. Even if you're not a fan of coconut, you'll like this.
Other dessert dates
might include Chester's
Banana Cream Pie, or
their dessert flight which
includes servings of ice
cream, banana cream
pie, chocolate cake and
bread pudding. Terza
too has its Tiramsu and/
or the chocolate almond

111 Broadway Ave. S. in Shops at University Square, Terza at 30 3rd St. SE.

torte. Chesters is at

Post Bulletin food writer Holly Ebel knows what's cookin'. Send comments or story tips to life@postbulletin.com.

That new JOB feeling.

Get it here.

jobs**HQ**



Trust matters We're focused on transparency, ethics & fairness. Learn more about our partnership with the Trust Project at postbulletin.news/trust The Trust Project



Three locations to serve you!

Madonna Meadows of Rochester | 252-5400

- Assisted living Memory care Respite care
- Madonna Towers of Rochester | 288-3911
 - Independent

 Skilled nursing care

 Short-term rehabilitation
- Memory care

Call 424-4168 to learn more.

Madonna Summit of Byron | 315-3608

Independent • Assisted living • Memory care
 In-home and outpatient rehabilitation therapies for physical, occupational and speech therapy needs are available at each campus.

BenedictineRochester.org

Skinny."

What Down By The Riverside band are you? A quiz

hat? The free, six-bands-insix-weeks Down By The Riverside concert series starts in a few weeks?

And you still can't decide what band you want to see most?

Then take our annual What Down By The Riverside Band Are You?

Question #1: Are you ready to ROCK?

a. Yes! Especially if by "ROCK" you mean "Classic Rock" or "80s Anthem Rock.'

b. Sort of. Especially if that includes "Hip Hop" or "New Country" or "'60s soul/gospel/R&B" or "MTV R&B/pop."

(If you answered a, go to Question #2. If b, skip to Question #4.)

Question #2: Are you ready to dance?



And scream along to the

lyrics? a. Oh, Steve, I am ready to dance so hard you can't believe it. And also the screaming.

b. Not really. Sort of, I

(If you answered a, go to Question #3. If b, skip to Question #4.)

Question #3: What lyrics do you most want to scream along to?

a. "Here I am. I'm back on my feet again." b. "And she's buy-uy-

ing a stair-air-way-ay ... to heavennnnn."

(If you answered a, skip to BAND #4 below. If b, go to BAND #6.)

Question #4: When you are "sort of" dancing, what will you be thinking about?

a. The fact that I finally found a reason to wear my super-reflective silver mini dress.

b. I want to think about wearing my cowboy hat. And listening to soulful

c. I like thinking about soul and gospel and R&B. And civil rights. d. I want to be

enlightened about geek culture. And hear funny, clever lyrics. (If you answered a, go to Question #5. If b, skip

to BAND #2, below. If c,

go to BAND #3. If d, go to

BAND #1.) **Question #5:** Will two of your friends be wearing nearly identical super-reflective silver mini dresses and dancing in unison with you?

a. Oh, yeah! Our mini dresses will be similar enough to know we're together, but also personalized to each of us. And our dance moves will clearly be rehearsed.

b. No. I'll probably be by myself.

(Just curious. Whatever you answered, skip to BAND #5.)

The Bands BAND #1: You should see ... Nur-D (July 10)

The style: "A breath of fresh air in the Hip-Hop

The songs: "Take My Picture," "Chi-Chi," "Chicago Avenue." Opener: Jae Havoc

BAND #2: You should see ... Brittney Spencer (July 17)

The style: New country from a People magazine

"One to Watch." The songs: "My Stupid Life," "Better as Friends," "Sober &

Opener: Whalen and The Willows

BAND #3: You should see ... Mavis Staples (July 24) The style: Soul/gospel/

R&B from a musical pioneer. And Bob Dylan wanted to marry her.

The songs: "Touch a Hand, Make a Friend,' "I'll Take You There." Opener: Mike Munson

see ... John Waite (July The style: '70s and '80s arena-rock-meets-power-

BAND #4: You should

The songs: "Every time I Think of You," "Back

On My Feet Again,"

"Missing You."

Opener: Cole Allen BAND #5: You should see ... En Vogue (August

The style: The style of, well, En Vogue. Because

you will definitely know it when you hear it. The songs: "Hold On,"

"Whatta Man," and, oh, "Never Gonna Get It." Opener: FenixDion

BAND #6: You should see ... A Led Zeppelin Evening (Aug. 14) The style: Led

Zeppelin. The songs: "Immigrant Song," "Fool in the Rain," "Whole Lotta

Heaven," etc. Opener: 9th Planet

Love," "Stairway to

Steve Lange is the editor of Rochester Magazine. His column appears every Tuesday.

Monarchs are my summer passion

know that summer has arrived when I find my first tiny monarch egg hidden on the underside of a newly sprouted milkweed leaf. I spend early June days, once school is dismissed for summer, searching through young milkweed plants from out of our lawn bordering a prairie.

A monarch egg is very small, yellow-white, and has tiny ridges that lead up to a small point. Every time I find an egg, I uproot the plant and place it into a jar of water. The bouquet of milkweed goes into my monarch cage. Summer's obsession has begun.

I reared my first monarch caterpillars when I was 4 years old. I remember finding my first monarch caterpillar hiking along the Zumbro with my parents and aunt, an entomologist.

Always curious about nature, we decided to raise this caterpillar, since all it needed was milkweed. The caterpillar actually survived, becoming a chrysalis and then emerge as a fully-fledged butterfly! We decided to do it again next summer, and the summer after and so on. The monarch population is crashing, so by raising them, I protect them from parasitic wasps of fluidans who mow down or spray

milkweed plants. The monarch life cycle is girl and even today, I love minute caterpillars into

fascinating, and as a young to see them transform from

beautiful butterflies. When a caterpillar



WEINGARTEN

hatches, it is nearly translucent except for thin black stripes encircling a 2 millimeter-long body. It immediately begins to eat from its leaf, but its incisors are so small it cannot bite all the way through the leaf. All day long it eats, eats, eats, and grows, grows, grows.

Typically, I rear 15 caterpillars simultaneously, so fresh milkweed is needed daily as it is quickly devoured. The caterpillars grow longer than 60 millimeters in two weeks, becoming a montage of yellow, green, white, and black stripes sporting prolonged black antennae from their head and false smaller antennae from their rears. At this stage I can hear them chewing leaves from another room.

After an exhausting two weeks, it is time to make their chrysalides. They love to make their chrysalides on the cage ceiling, first climbing to the top and fixing a silk tether to the a few hours, upside down in a 'J' shape. They slowly become translucent again, then split their skins, and wriggle circumferentially until the discarded skin falls to the ground. The new skin is jade green and hardens into the shell of



Post Bulletin file photo

Butterfly chrysalides.

the chrysalis.

The monarch chrysalis is one of the most beautiful things on Earth, or at least in my prairie patch. The worm-shaped caterpillar is now housed in an elegant vase of light green rimmed by a gold and black circumferential ridge located three quarters of the way up the chrysalis. The smaller portion above the ridge is a cone that attaches to the silk tether.

After another two weeks, the chrysalis shell also becomes translucent, and the folded, orange-black monarch wings can be viewed. The chrysalis splits open, and a monarch butterfly emerges with soaking wet, shrivelled

wings. For the next few hours, it pumps its wings out to their full length, allowing them to dry. When it flaps away from the spent chrysalis, I know it is time

for release. When I was younger, my parents made a big affair letting monarchs

go. My siblings and I would rotate who got to hold the butterfly and let it fly away from our hands. Today, releases are subdued. I monitor the emerging monarchs, and when ready quickly take them outside and place them on flowers. Yet, I still smile at this amazing process of caterpillars growing into butterflies and congratulate myself on another monarch well raised. They are my babies in a weird way, and I am proud of every healthy monarch I raise.

Maybe my fascination makes a small difference in the grand scheme of this species helping them from them not becoming extinct. But then again maybe it is not enough; but raising them gives me so much joy, I am sure I help them.

Chloe Weingarten will be a senior at Mayo High School. Send comments on teen columns to Jeff Pieters, jpieters@ postbulletin.com.

Music takes me back, and helps my brain, so win-win

rowing up in Sanusica Minnesota, Sandstone, my community had a vouth center across the road from our high school baseball and football fields. The youth center was an old railroad depot that had been moved to the site. It was a cool place.

During dances, girls were on one side of the building, and boys were on the other. Walking across the great divide wasn't easy. Unfortunately, that beautiful old depot no longer

I recall walking into the youth center over 50 years ago on a cold wintry Friday evening and hearing "In the Midnight Hour" being played. I was probably trying to make a late, fashionable entrance. It wasn't Wilson Pickett singing, but the band sounded great.

Music became a deep part of the Boomers' identity, and we carry our "oldies" music in our hearts and soul to this day. Sandstone even had a rock 'n' roll band composed of five guys from town. The band did well in its day and had a few dates at our youth center. The KanDells were inducted into the Mid-American Music Hall of Fame in 2008. You can find their music on the web. They were awesome dudes – still

If I wish to step away from the world – for a moment - I do that with music. I put on a pair of headphones and pull up some classic rock, like "Time Of The Season" by The Zombies.

My wife gives me a look if I start moving around as I mouth the words to a song like "For What It's Worth" by Buffalo Springfield or a country tune like "Down To The Honky Tonk" by Jake Owens. Music takes me back, makes me smile, reflect or even shed a

I recently discovered an article while reviewing the Rochester Daily Post and Record newspaper dated August 24, 1922 – almost 100 years ago. Various music types were played to patients at the Rochester State Hospital to determine if music could help

with their well-being. Positive reactions were seen.



BOOMER GRANDPA Loren Else and even a bass solo

with a bit of blues sound. The results were promising that music could assist in the mood of nervous and mental health disorders. By golly, they were onto something in 1922.

Flash forward to current studies and reports stating music provides a total brain workout. Music benefits your life. It helps with anxiety, mental alertness, memory and happiness. WebMD reported that your brain lights up like a Christmas tree when you listen to music. Classical, rock, or country – it doesn't

matter. I thought I'd chat with an expert. Martha Kenne, who retired from teaching in 2019, taught music in Dover-Evota and Rochester for 28 years. She taught at the elementary, middle school and high school

levels. Martha reflected on the "a-ha moments" she witnessed when students would begin to understand music in a more profound way. She saw many students struggle in particular coursework vet shine in music and the arts. For certain students, music

became their outlet.

Music is a lifetime love and vocation for Martha and her entire family. At times, the family gathers at the baby grand piano in her home to play and sing. Martha also has her mom's organ, a pump organ, a violin, a few guitars, an accordion, and a bunch of percussion instruments and harmonicas in her home. (I couldn't list everything because of a word limit to my column).

I never learned to play an instrument. It was my bad. I played sports, like baseball, which reminds me of the great song "Centerfield" by John Fogerty. Man does my brain light up when I hear that one.

Loren Else lives in Rochester and also writes the Post Bulletin's "Day in History" column. Send comments and column ideas to Loren at news@postbulletin.com.

Benefits of writing extend far beyond the page

riting is how humans have communicated, through physical messages, stories, and teachings, for thousands of years. Prior to this school year, I thought the reason many classes in school require students to write essays is because being able to write well is a valuable skill. While this is correct, it is an oversimplification. I was quite sure when I applied to be a teen columnist I would emerge from the experience as a better writer. What I did not foresee about the columnist experience, and what I now think is the most beneficial part of writing, was the way it changed how I think. I have always loved the

subject of English, but I spent most of my time reading, and significantly less time writing. Reading is much more fun and less mental work, so I pounded through loads of novels and nonfiction texts. But this year, my English class, AP English Literature and Composition, required me to write — a lot. And while

I have written my fair

share of research papers



and personal stories, I had very little experience with writing a literary analysis. Through my English class and writing teen columns I was served an analysisheavy writing combo platter. At first, I didn't notice

much of a change in my writing or behavior. But as the year progressed, I realized I was receiving better and better grades in my English class and I started getting comments from my friends and family that they thought my columns were improving. But the change that I first noticed myself was a change that couldn't be seen on the outside: I

started thinking differently. This change is supported by the theory of Linguistic Relativity, a concept I learned about

in AP Psychology, which

of a language influence

basically states that aspects

aspects of cognition. The more I wrote, improving my vocabulary, syntax, and style, the more my thinking improved, sounding more like my writing, and vice versa. A positive feedback loop formed: The more I wrote, the more sophisticated my thoughts became. Because my thoughts became more sophisticated I wrote better, which inspired me to write The power of writing

cannot be overstated. When the most influential people in history are examined, one thing that is consistently exceptional is their writing. Martin Luther King Jr. is well known as a powerful speaker, but speeches start out as writing, something MLK did plenty of considering his five published books. It may seem obvious that

influential writers can change societal views when considering famous books like "Uncle Tom's Cabin" or even contemporary works like "Just Mercy." Although most people won't have their writings published in a book or

delivered in a podcast,

effective communication through writing can still have important benefits. Writing skills can help an individual accomplish his or her goals, like communicating better with one's boss or co-workers.

Writing also has personal benefits. In fact, journaling is known to reduce stress, strengthen memory and help people prioritize and achieve their goals. Just consider Leonardo Da Vinci and Anne Frank, whose journals and diary have had lasting impact on the world. This year, I have begun

to experience the positive interaction between writing and analytical skill development, and learned that writing is a great way to influence oneself and the world. I am verv grateful to have had this opportunity to write as a teen columnist. If you are reading this

column, you are likely a reader by nature. Why not become a writer as well?

ments on teen columns to Jeff Pieters. Email jpieters@postbulletin.com

Xavi Laack will be a senior at Mayo High School. Send com-

> Selections included violin music, piano

FOR BETTER OR FOR WORSE | LYNN JOHNSTON



RED & ROVER | BRIAN BASSET



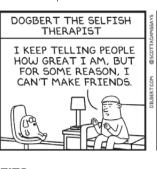


BABY BLUES | RICK KIRKMAN AND JERRY SCOTT

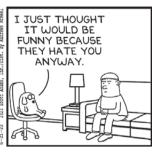


DIST. BY AUDDEN'S MONERL STADICATI

DILBERT | SCOTT ADAMS







BLONDIE | DEAN YOUNG AND DENIS LEBRUN













PICKLES | BRIAN CRANE





WILL



WIZARD OF ID | BRANT PARKER





GARFIELD | JIM DAVIS







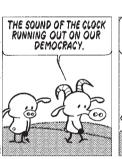
WUMO | MIKAEL WULFF AND ANDERS MORGENTHALER



PEARLS BEFORE SWINE | STEPHAN PASTIS





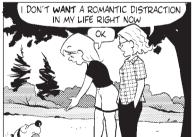




FRANK & ERNEST | BOB THAVES



LUANN | GREG EVANS







GET FUZZY | DARBY CONLEY







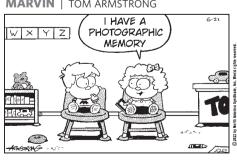
MUTTS | PATRICK MCDONNELL



SALLY FORTH | STEVE ALANIZ, FRANCESCO MARCIULIANO, CRAIG MACINTOSH



MARVIN | TOM ARMSTRONG





MARY WORTH | ALLEN SAUNDERS

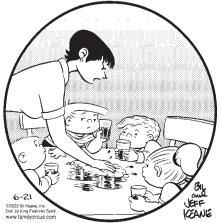


KNOW WE'RE SUPPOSED TO HATE THIS

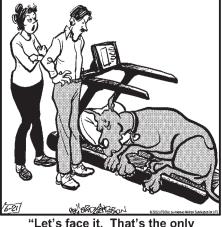
PLACE, BUT THIS IS OVER THE LINE.



FAMILY CIRCUS | BIL KEANE



"There'll be no more clinking of glasses."



"Let's face it. That's the only use it gets." CAFETERIAS IN HELL

ZIGGY | TOM WILSON & TOM II



Fleeing from war-torn Eastern Europe: Cecilia Hansen's tale is modern and historical

he story of Cecilia Hansen's flight from war-torn Russia could have been written in recent weeks and months.

But it was in 1921 that Hansen, a brilliant young violinist, made a daring escape from St. Petersburg and relaunched a career that brought her to perform in 1926 in Rochester.

Hansen was born in 1897 in southern Russia, where her Danish father was a music professor. She was a music prodigy, already being admitted at age 10 to the St. Petersburg Conservatory. She made her concert debut at age 13, and studied alongside classmates Jascha Heifetz and Nathan Milstein. She was, at age 15, the youngest woman ever to receive the gold medal at the

conservatory. She met and married pianist Boris Sacharoff, gave concerts in northern and central Europe, and in 1917 gave birth to a daughter. That same year, Russia was engulfed in revolution, and the situation soon became untenable for a violinist with a foreignsounding name.

"There was only one way out, that was to escape," Hansen said later in an interview published in the Post-Bulletin, "An unsuccessful attempt would mean tragedy for all of us, but we decided to venture it."

Hansen and her family rented a small boat, and on a dark night were rowed out into the rough waters of the Baltic Sea. "We were afloat for 12 hours on a stormy sea," she said. "Yet we did not mind, for we saw a new life ahead."

Then, as the little boat passed the Russian



THEN AND NOW Thomas Weber

island fortress at Kronstadt, searchlights

scanned the water. "We thought the end had come," Hansen said. The oarsman frantically tried to avoid the lights. "How it was we were not discovered I cannot tell," Hansen said. "But at noon the next day we landed on the shores of Finland. And then my career really started."

Indeed it did. In 1923, Hansen undertook her first concert tour of the United States and made her Carnegie Hall debut. Violinist Yehudi Meuhin, who was a boy at the time, saw her concert in San Francisco and recalled that, "She looked like an angel, clothed all in white, and played like one. American critics labeled Hansen "the queen of the violin."

So it was with great anticipation that Hansen was booked for a concert Dec. 17, 1926, at the Rochester armory. Hansen was accompanied by her husband on piano, as she performed works by Tchaikovsky, Beethoven, Pugnani and Gluck.

"Rarely does Rochester have an opportunity to hear violin music such as that heard last evening, and played by a woman," wrote Pearl Hagen in a Post-Bulletin review of the concert. "Miss Hansen's performance will not soon be forgotten."

Hansen would continue to be an acclaimed and popular concert attraction, but



Contributed

A 1922 portrait of Cecilia Hansen, shortly after her escape from Russia.

her life was marked by disruptions and tragedy. In the 1930s, on a concert tour of the Far East, Hansen's husband decided to stay in China to establish that country's piano school. The couple later divorced.

In the late 1930s, Hansen was living in London when she married Hermann Friedmann, a Jewish-German-Finnish jurist and philosopher. In

1940, during the London Blitz, a Nazi bomb attack killed the couple's 2-year-old daughter.

When Hansen resumed her career after the war, her music, informed by sorrow, solidified her artistic reputation. After living for years in Germany, she died in 1989 in London.

Thomas Weber is a former Post Bulletin reporter who enjoys writing about local his-

Women love a man in uniform

very picture tells a story. For the past seven years, I've written stories for more than 350 pictures, and for those seven years the story behind this photo had eluded me until now.

A Post Bulletin story dated March 3, 1944, reported that Alfred Witzke, a maintenance worker for 27 years for the Kahler Corporation, was resigning his position. Alfred was entering into a partnership with his son, Harold Witzke, in the ownership and operation of Thurber's Café located at 19 Second Street SW.

The story stated that the café would be managed by Harold's wife Lucille and his mother, Eva, after Harold left for his service in the



LENS ON HISTORY Lee Hilgendorf

Navy the following week. Lucille and Eva's management team must have been successful, for when Harold returned after the war, they teamed up with his brothers Walton and Leonard, and opened the Town House Restaurant in a former livery stable at 15 Second Street SE.

"Lens on History" is a weekly photo feature by Lee Hilgendorf, a volunteer at the History Center of Olmsted



Harold Witzke, center, gets ready to fulfill his duty in the U.S. Navy in this photo dated from March 3, 1944. Thurber's Café, seen in the background, was owned by his father.

AMISH KITCHEN

Looking back on a special day of birth

une 14 was the 28th birthday of our first-born daughter Elizabeth. I wish her many more happy and healthy years. She has been married almost seven years to a nice loving husband, Tim, and they have been blessed with four precious children Abigail, 5; Timothy (T.J.), 3; Allison, 2; and Andrea, 4 months.

This year was hot on June 14, just like in 1994. That was a very hot night when Elizabeth was born at 9:58 p.m. We were living with my parents, and Joe's aunt was my midwife. Dr. Osborne was also there just in case there were complications. Dr. Osborne had delivered me in that same house 23 years earlier. He delivered all eight of us siblings.

I had a long labor, and I remember how warm it was. It was warmer than when all my three July babies were born. We didn't have fans like we do now, except my dad would use a little square fan that ran with batteries when it was that hot. He had asthma and hay fever, and that little fan would help him breathe. I still remember when Dad saw me having all the hard pain; he handed that fan to me

and told me to use it for

I was often thankful

Cheese Broccoli Soup

- 1 tablespoon salad oil
- 3/8 cup chopped onion
- 3 cups water
- 3 chicken bouillon cubes
- 2 cups (4 ounces) of fine noodles
- 1/2 teaspoon salt
- 1 package (10 ounces) frozen broccoli (may use
- 1/4 teaspoon garlic salt
- 3 cups milk
- 1/2 pound of American cheese
- pepper to taste

Sauté onion in oil, add water and bouillon cubes, and heat to boiling until cubes are dissolved. Gradually add noodles and salt and continue boiling uncovered for 3 minutes. Stir in broccoli and garlic salt and cook for 4 more minutes. Add milk, cheese, and pepper and continue cooking until cheese melts, stirring constantly.

to have my mother there those next weeks when I tried to take care of our first baby. I had problems getting her to breastfeed, and Mom spent lots of nighttime hours helping me. I have many precious memories visiting, it was funny of my parents.

On Monday evening, daughters Verena and Susan and grandchildren Jennifer and Ryan spent the night here. It was supposed to storm, and they felt better to be here. We had a lot of wind. Some places had trees down, etc. We were very fortunate that everything here was okay. We have a sitting

area in our basement,

the storm coming, it was nicer to just sit down there after supper. Our basement is often a nice place to sit in with these days of excessive heat. As we sat there

and with the heat and

when Jennifer said, "Kevin, you can smile. It will be okay." Since he wasn't smiling, she thought he was worried about the storm. Ryan wasn't too worried. He found the toys down there and was playing, and of course he brought his black hat (his daddy

Mose's hat) and was wearing it again. This week daughter

Loretta and I made

strawberry freezer jam from the 16 quarts

of strawberries that neighbor Susan and Joas brought over. We also canned 66 quarts of rhubarb juice from my rhubarb. Now Loretta has jam and

rhubarb juice in stock. We also did laundry yesterday, so it was a full day's work. It was so warm

yesterday that we just had frozen pizzas to heat up for our supper. We ate over at Dustin and Loretta's house after the

last of the rhubarb juice

was canned. I am so glad that is done. Thursday evening

through Sunday, our family has plans to go camping. We are renting three cabins and an RV by the lake. We plan to do some

fishing, swimming, and just make more memories together. The grandchildren will have a lot of fun. It is also Father's Day on Sunday. Happy Father's Day to

June 15 is sister

Emma and Jacob's 27th

anniversary. It's her first

all the fathers out there.

her dear husband. I'm sure today will be a hard day without him. My thoughts and prayers go to all those that have lost loved ones. May they rest in peace. God's blessings to all.

anniversary without

Lovina Eicher is an Old Order

Amish writer, cook, wife, and mother of eight. Readers can write to her at PO Box 234, Sturgis, MI 49091 (please include a self-addressed, stamped envelope for a reply); or email LovinasAmishKitchen@MennoMedia.org and your message will be passed on to her.



Contributed

Columnist Lovina Eicher recently canned 66 quarts of rhubarb juice.

Preventing another Dust Bowl, one tree at a time



Don Kinzler

FARGO

ave you heard of the "Dirty Thirties?" That's how my parents and their generation referred to the 1930s when the windswept soil of the treeless Midwest plains turned the region into the infamous Dust Bowl.

As if the Great Depression wasn't struggle enough, the Plains states endured a decade of drought and heat that made fields sparse and barren. Coupled with prior farming practices that left soil exposed, precious topsoil that took centuries to form became airborne, ending up everywhere else but on the windswept fields from where it blew.

The loss of topsoil during those years was tragic, but good things followed. President Franklin D. Roosevelt initiated an ambitious program to plant thousands of miles of tree rows throughout the Midwest. Whether we call them shelterbelts or windbreaks, these rows of trees stretching between fields prevent wind from eroding away our precious topsoil, conserving one of nature's most important resources

Unfortunately, trees don't live forever, and some tree rows planted as field windbreaks in the 1940s or '50s are now 70 to 80 years old and have succumbed to problems. Most of us have observed rows of rural trees being bulldozed away.

Can the Dust Bowl happen today? In last year's drought, windswept soil covered a North Dakota rest stop roadway so deeply that snow removal equipment was brought in to clear away the drifts of deposited topsoil.

A hero in the fight to save our natural resources is North Dakota's Cass County Soil Conservation District, which is tasked with continuing the tradition of planting tree windbreaks and establishing conservation



Photos by David Samson / The Forum

Tree rows are planted on June 7 near Absaraka, North Dakota.



Nathan Storm and Brittany Lindermann plant trees on June 7 near Absaraka, N.D.

measures throughout the county.

I had the opportunity to spend time recently with the organization's director, Jeff Miller, and crew while they were planting tree rows in the process is fascinating. A tractor drives along with two crew members seated on the planter busily inserting trees into an open furrow, which

quickly closes behind, with the equipment firming the soil around the roots as the tractor and crew move swiftly and efficiently along.

Miller indicated that last year alone, the Cass District planted almost 70,000 trees and shrubs, which provided windbreaks along 220,000 lineal feet within the county. That's over 40

miles worth of trees, just in one year! A large portion of the plantings were installed with weed barrier fabric to conserve moisture and to eliminate weeds that rob water and nutrients.

obvious part of the district's mission, but there's much more. Educating about the importance of natural resource conservation

is a high priority for Miller and his staff, and you can see them at informational booths at home and garden shows, trade shows, agricultural events and presenting education for people of all ages, from schools to senior citizens centers.

Although trees naturally come to mind, the district also plants perennial grasses, forbs, cover crops and alfalfa, totaling 3,500 acres last

Rural areas aren't the only benefactors of the district's mission. In a county with a large urban population like Cass, the district leads a vibrant program, which includes the Pocket Prairie Initiative, community garden grants, pollinator plantings and a wealth of information about rain gardens, composting and xeriscaping. The district partners with Fargo Parks and Riverkeepers m me urban kerorest me Red program.

Cass County Soil Conservation District's services are extremely affordable, as they cost share 60 to 75% of the

various programs they offer. The district is very much a grassroots organization with a fiveperson local board that can quickly respond to local needs.

A key to the district's planting success is their local sourcing of plants. Evergreen tree seedlings are sourced from Towner, deciduous trees and shrubs come from Lincoln, pocket prairie plants are from Enderlin, and grass and forb seeds are from a West Fargo company all towns within North Dakota — with some tree types sourced from neighboring South Dakota. Sourcing plants locally provides material well-suited to our climate and ecosystem.

For more information about the Cass County Soil Conservation District and the programs they offer, visit their website at https:// cassscd.org/.

Don Kinzler, a lifelong gardener, is the horticulturist with North Dakota State University Extension for Cass County. Readers can reach him at donald.kinzler@ndsu.edu.

GROWING TOGETHER

Deformed ash leaves, rock mulch around trees, and thinning carrots

BY DON KINZLER

The Forum

Q: I have a beautiful green ash tree in my front yard and hope to keep it protected from the ash borer as long as possible, but today I noticed a lot of leaves have fallen off. There are little dark spots and dark edges on most of the leaves, as shown in the photo. Can you help diagnose and advise me as to whether there is anything I should do?

Rachel M. A: Your ash tree has a common foliage disease called ash anthracnose. which is showing up in the area because of the cool, wet spring. Leaves become distorted and some drop. Caused by a fungus, the disease has been present from time to time in the area for many, many years.

North Dakota State University Extension Forester Joe Zeleznik says, "Ash anthracnose occurs during wet springs, and the leaf loss may continue for a couple of weeks until drier conditions prevail. Leaves that don't fall off



A reader wonders what might be causing the leaves on their ash tree to develop dark spots and edges and fall

may grow into curled shapes as the leaf margins turn black and die while the remainder of the leaf tissue grows

"At this point, fungicide treatments are likely not warranted," Zeleznik says. "Fungicides for ash

anthracnose should be applied only before the disease hits, and we've missed that window of

opportunity." The amount of leaf loss can be worrisome to some people, but it is not considered major until 25% or more of the leaves are gone, according to Zeleznik. At that point, a tree can begin to get stressed. Trees that lose this quantity of leaves for three or more consecutive years are the most susceptible to decline.

About the only action you can take now is to help defoliated trees grow new leaves by giving the trees a light application of nitrogen fertilizer, and Zeleznik recommends the rate of 1 to 2 pounds per

1,000 square feet. In the fall, raking and destroying fallen leaves also will help minimize next year's disease pressure because the fungus overwinters in dead leaf tissue, among other substances. "Mostly, though, it's simply a matter of waiting out the disease and allowing nature to eventually mesh tightly

take its course," Zeleznik

says.

Q: Someone told us that it's not good to put rocks and brick around our boulevard trees. What are your thoughts, and if it's not recommended what is your suggestion to put around trees to make them look nice and be able to continue to grow well? — Linette K.

A: Putting a circle of mulch around trees has definite advantages. It's easier to mow without damaging the tree trunk, and mower and trimmer damage is a common killer of trees. A grassfree circle around young trees reduces competition from the turf for water

and nutrients. So mulched circles around trees are good, but the preferred mulch is wood chips or shredded bark instead of rocks. Rock mulch around a tree won't automatically kill the tree, but there are definite disadvantages which can be detrimental

to the tree's health. Rocks around a tree heat up on hot summer days, which many trees don't like. Rocks tend to

together and in many

cases the tree trunk can't

expand because the rocks won't push away, and rocks become embedded in the trunk. Rock mulch is heavy and causes soil compaction.

Wood chips or shredded bark keep the soil cooler, don't compact the soil and are more naturally compatible with tree growth than a layer of rock.

Q: I always hate to thin out my carrot row, because it seems like a waste, but then they grow too thick and don't develop. What's the recommended spacing? — Jim L.

A: To develop full-sized carrots, plants need to be spaced 1 to 2 inches within the row, so excess seedlings should be carefully pulled or cut away. Thinned seedlings are delicious in salads and soups.

If you have a gardening or lawn care question, email Don Kinzler, NDSU Extension-Cass County, at donald. kinzler@ndsu.edu. Questions with broad appeal may be published, so please include your name, city and state for appropriate advice.

Chef at raved-about Vergas restaurant, Blackboard, creates recipes for new cookbook

BY VICKI GERDES Detroit Lakes Tribune

DETROIT LAKES hen Sara Watson showed up for a recent author signing event in Detroit Lakes for her new cookbook, "Cabin Chef," the co-owner of Blackboard restaurant in rural Vergas was quick to point out that while the recipes were hers, the writing and photography

were not. "It was a collaboration," she said as she sat down to begin autographing copies of the book at Mainstream Boutique that morning, Saturday, May 28. "I feel bad that it's only my name on the cover."

Inside, however, it's a different story. The copyright page lists Amanda Henke as the "wordsmith," with Dirk Ockhardt's name appearing just beneath hers, as creative director.

"Dirk came to my restaurant one day," Watson said, recalling how she became involved with the project. "Cabin Chef was something he'd had in the works for a while. I really only take credit for the recipes.'

It's Watson's own words, however, that can be found on the dedication page, and in an "About Sara" section that precedes the recipes. She gives credit to her husband, Eric — "the betterknown Watson Chef," as she puts it — along with their four children, Miles, Olivia, Keena and Sophie, and her friend and partner at Blackboard, Terry Trickle, for their support.

"I did not plan to be a chef," she said. "In fact, I did not plan on going into the restaurant business. Far from it! It took me a while to figure out what I should grow up to be."

She also discussed all the experiences that led her to open Blackboard (in the building that once housed The Pickle Factory), stating that she was glad she did.

"Here among the rolling hills and open green space dotted with lakes, I feel like I have room to breathe and stretch my culinary wings," she said.



Photos by Vicki Gerdes / Detroit Lakes Tribune

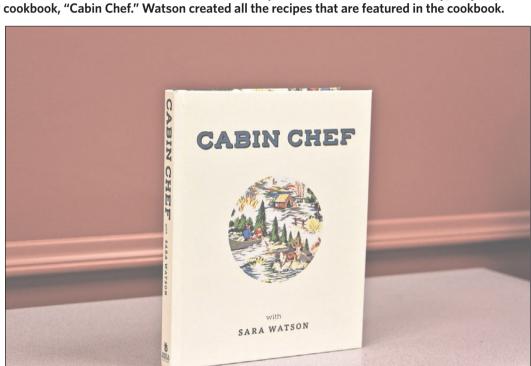
Chef Sara Watson of Vergas's Blackboard restaurant visited Mainstream Boutique in Detroit Lakes on Saturday, May 28, 2022, to sign copies of her new cookbook, "Cabin Chef." Watson created all the recipes that are featured in the cookbook.

Ockhardt wrote the book's "Guten Tag" welcome page himself, noting that after moving to the lakes area from Germany 10 years ago, he discovered a passion for cooking: "Finding local ingredients, time spent preparing, experimenting with recipes, gathering with friends and family, all the wonderful times we spend in the kitchen and at the dinner table have become very fun and memorable times to me," he wrote.

He also mentioned how he had met Watson when she worked with him on a podcast recording that highlighted her new restaurant.

"She was so lively and accessible that I flatout asked her after the interview was finished, 'Would you like to work on a cookbook with me?' 'Yes' was her immediate answer, and here we are today," Ockhardt wrote.

Ockhardt and Scott Thuen are both credited for photography on the project; Watson prepared the food



Copies of "Cabin Chef" are available at Sara Watson's restaurant, Blackboard, as well as at Creative Kitchen, Zandbroz Variety, Plains Art Museum and Ferguson Books, all in the Fargo-West Fargo area.

that appears in those pictures.

Copies of "Cabin Chef" are available at Blackboard as well as several Fargo

locations: Zandbroz Variety in downtown Fargo,

Creative Kitchen in Fargo's West Acres Mall, the Plains Art Museum and Ferguson

Books in West Fargo. Watson said she hopes to find some more local bookselling outlets in the future, as well.

No one-size-fits-all solutions with domestic violence

ear Annie: We appreciate your care for community members in the Spokane, Washington, area and the time that you spend responding to questions from community members who contact you. We share your commitment to supporting others and being a resource for individuals in need.

After reading the advice related to domestic violence that you provided in a recent column, we wanted to let your readers know about our organization and our suggestions for dealing

with domestic violence. It is common for those outside of a relationship affected by domestic



Annie Lane violence to discuss potential solutions in simple terms. When giving advice related to domestic violence, many people tell survivors that they need to leave, set and maintain firm boundaries and get mental health support. Responding to domestic violence in this way can be damaging, and we were concerned when we read advice like this in your response to

The reality is that relationships affected by domestic violence are incredibly complex and that there is no one-size-fits-all way to move forward after experiencing domestic violence. Leaving a relationship affected by domestic violence does not guarantee safety; in fact, it can increase risk. Safety planning needs to be individualized and completed with survivors' input because survivors are experts in their own experience and needs. When we approach safety planning by telling survivors what to do instead of identifying options with them, we are likely to not account

for important safety

considerations such as unique individual circumstances and personal traits or habits

of the abuser. Furthermore, it is incredibly important that survivors of domestic violence are empowered to make their own choices and have them respected by others. Domestic violence is marked by an imbalance of power and control in a relationship, where an abuser gains, leverages and maintains power and control over a victim or survivor. Because power and control have been taken away from a victim or survivor of intimate partner violence, it is extremely important that they are able to connect

with their own sense of autonomy by making choices about what to do next.

We were happy to see that you mentioned the National Domestic Violence Hotline. They are a fantastic resource for people anywhere in the U.S. Please also consider referring to our confidential domestic violence helpline, available 24/7 by calling 509-326-2255, texting 509-220-3725 or emailing help@ ywcaspokane.org. We are Spokane County's largest state-recognized program for victims and survivors.

Believing survivors and providing nonjudgmental support is so important, and we know that it can be challenging. — Supporting

Dear Supporting Victims: Thank you for your thoughtful letter and suggestions based on real-world experience. You really understand the imbalance of power between abuser and victim, and you are providing a wonderful service for victims of abuse. You are quite right about one-size-fits-all not being a good solution, which is why I would encourage anyone who is being abused to contact your organization or call the National Domestic Violence Hotline.

Send your questions for Annie Lane to dearannie@creators.



SIGN UP FOR

"Trapped."

Get a FREE MONTH added to your subscription

Enroll today!



Call us: 800-533-1727



Email: memberservices@postbulletin.com

From the classroom to the forest

Duluth a hotbed of moving preschool to the outdoors

BY DAN KRAKER MPR News

DULUTH — On a recent cold, damp spring day, in a patch of forest behind a Duluth church, six preschoolers dressed in matching red raincoats ran from tree to tree, telling their teacher what they observed.

"I saw a bunny!" exclaimed one little boy. "What does that mean?" his teacher, Meghan Morrow, asked.

"It's spring!" he yelled, triumphantly. "It's finally spring, we've waited and waited and waited." Morrow agreed. "Those snowshoe hares have been white for a long time this

Morrow runs the Secret Forest Play School in Duluth, and every twist of this quarter-mile-long trail presents a new learning opportunity for these eager children: a snowshoe hare that finally took off its winter coat; a small pond where the ice has melted; a creek swollen with rainwater.

When a student slips and falls and begins to cry, Morrow doesn't rush to console her. Instead she asks her classmates to think about what they can do to help. "Are you OK?" a boy quietly asks. "What can you do to offer her some comfort?" Morrow asks, which prompts a gentle hug.

"Children often watch us be the person that solves the problem as an adult," Morrow explains. "And my role here is to step back and to empower them to know that they can fill that role too."

This impromptu lesson in empathy is typical of the kind of learning that takes place at Secret Forest every day, and at similar nature-based preschools that have flourished in Duluth, and across the country, in recent years.

The focus is less on academics, and more on the social and emotional growth that's appropriate for 3- to 5-year-olds, Morrow explained.

"And so by letting them be in community and be with their peers, there's a lot of learning that happens on its own."







Photos by Derek Montgomery / MPR News

LEFT: Secret Forest Playschool teacher Meghan Morrow, right, and her students look at an insect they found while examining their maple syrup taps May 2 at Secret Forest Playschool behind Eastridge Community Church in Duluth, Minnesota. TOP RIGHT: Secret Forest Playschool students listen to teacher Meghan Morrow talk about the maple trees they have been using to make maple syrup May 2 at Secret Forest Playschool. BOTTOM RIGHT: Drew Olson leaps over a fallen tree while exploring an area of the forest May 2 at the Secret Forest Playschool in **Duluth, Minnesota**

Morrow started Secret Forest 10 years ago when she couldn't find the kind of preschool she wanted for her son, one that emphasized outdoor play. So, she quit her job as a sign language interpreter and started her own.

Three months later, the school was full. She's had a long waiting list ever since. And in the decade that followed, another 10 or so nature-based preschools have opened in the Duluth area, with more planned. They all have waiting lists too.

Duluth, despite its sometimes unforgiving weather, is a hotbed of a growing national trend focused on moving preschool classrooms outdoors, said David Sobel, a leading scholar on nature education.

Nationwide, there are now more than 600 nature-based preschools; more than double the number of five years ago, according to the Natural Start Alliance, a project of the North American Association for Environmental Education.

"I think parents are scared of seeing what's happening with their kids in terms of becoming couch potatoes and always connected to screens. Sobel said.

CURIOSITY, CREATIVITY, RESILIENCE

Despite the rapid growth of these outdoorscentric schools, Sobel said they remain controversial in some circles. He said many parents worry their kids might get hurt outside — they could fall out of a tree, or get bitten by a tick.

There's also a stigma that kids who attend these schools won't be prepared for kindergarten that they, as Sobel said, "compromise academic growth as a function of, you know, being groovy and stomping in the mud."

Research has found essentially no difference in academic achievement between kids who go through nature preschools, and kids who attend traditional early childhood programs, Sobel

And anyway, the real benefits aren't measured by test scores, argues Julie Ernst, a professor at the University of Minnesota Duluth. She's led research over the past several years showing that preschoolers who learn outdoors demonstrate increased curiosity, creativity, resilience and physical skills like balance and coordination

"We have this sense

that fresh air and playing outside is good for kids, but then to have that backed by some of the research evidence" is important, Ernst said.

She points to the research she conducted analyzing kids' curiosity, which used an instrument called a "curiosity drawer box," in which children pulled toys out of the various drawers to play with them.

In our rapid-fire world of scrolling through screens, Ernst said the findings were particularly telling.

"We found that the children in nature preschools had a kind of curiosity that provoked them to engage more deeply, and try and make sense of things and really tune in, as opposed to just kind of looking at something and moving

There's also anecdotal evidence of social and emotional growth from kids who spend more time outdoors, particularly from teacher testimonials.

"You know, when this kid's inside, he's a terror," said Sobel. "But when he's outside, he's one of the leaders. He's more focused, much more able

He said studies have

found that going outside reduces cortisol levels, which lowers stress and anxiety, so students can better focus on academic activity when they come back inside.

Ernst is pursuing more research into the benefits of outdoor preschools, including a current focus on empathy. She also launched a first-of-its kind, multidisciplinary Childhood Nature Studies major at UMD that builds off her research and the growth of schools in the region.

But Ernst said the best selling point of this educational approach is simply to observe nature preschools in action, and watch what unfolds.

"What you see and hear is joy. You hear joyful sounds, you see joy in their faces. And you see kids who are interacting well with their peers, and who are caring for each other. You feel an aliveness that is unmistakable.'

'You wish that would be the experience of children everywhere," Ernst added. "And it's not."

GOOD FOR EVERYBODY

One big challenge advocates face is how to make outdoor schools more accessible to all

children. The schools are largely private. Tuition often costs more than \$300 a month for two days a week of school. Good outdoor gear — a necessity in communities such as Duluth — can be prohibitively expensive.

But in Duluth, public preschools are also embracing the get outside ethos. Several Duluth public preschools have access to school forests. Recent grants paid for new natural playscapes at three more urban schools that don't have nearby forests, and for rain suits for students.

The program recently established a policy that kids need to be outside between one and two hours a day, depending on the length of the school

Duluth Public Schools preschool coordinator Sherry Williams said both academic research and their own experience back the new approach.

"When kids are outside, they're more engaged. There are many, many fewer behavior problems outside than there are inside. It's also good for our teachers to get outside. I mean, it's good for everybody to get outside when things a tough."

Astronomers ponder 'cosmic mystery' over radio wave bursts

BY WILL DUNHAM

Reuters

WASHINGTON -Powerful bursts of radio waves emanating from a distant dwarf galaxy that were detected using a massive telescope in China are moving scientists closer to solving what one called a "cosmic mystery" that has lingered for years.

Since being discovered in 2007, astronomers have struggled to understand what causes phenomena called fast radio bursts involving pulses of radiofrequency electromagnetic radiation originating from places inside our Milky Way and other galaxies. Radio waves have the longest wavelengths in the electromagnetic spectrum.

Astronomers suspect

that these bursts may be unleashed by certain extreme objects. These might include: a neutron star, the compact collapsed core of a massive star that exploded as a supernova at the end of its life cycle; a magnetar, a type of neutron star with an ultrastrong magnetic field; and a black hole messily eating a neighboring star.

Researchers on Wednesday said they have detected a fast radio burst, or FRB, originating from a dwarf galaxy located nearly 3 billion light-years from Earth. A light year is



Bill Saxton, NRAO / AUI / NSF / Handout via Reuters

An artist's conception of a neutron star with an ultra-strong magnetic field, called a magnetar, emitting radio waves (red). Magnetars are a leading candidate for what generates phenomena called fast radio bursts.

the distance light travels in a year - 5.9 trillion miles. This galaxy's collective star mass is roughly one-2,500th that of our Milky Way.

The FRB was first spotted in 2019 using the FAST telescope in China's Guizhou province, the world's largest singledish radio telescope, which possesses a signalreceiving area equal to 30 football fields. It was studied further using the

VLA telescope in New

Mexico.

"We still call fast radio bursts a cosmic mystery and rightfully so," said astrophysicist Di Li of the Chinese Academy of Sciences in Beijing, the FAST chief scientist and co-author of the research published in the journal Nature. 'Fast radio bursts are

intense, brief flashes of radio light that are powerful enough to be seen from across the universe," added

Caltech astronomer and

study co-author Casey

Law. "The burst blinks on and off in about a millisecond, far faster than the blink of an eye. Some sources of FRBs have been found to emit multiple bursts in what look like storms of activity, but others have only been seen to burst once.' The newly described

persistent but weaker

radio emission between

bursts. In other words,

it always remains "on."

FRB is a repeating one that also features a

Most of the roughly 500 known FRBs do not repeat. The new one closely resembles another discovered in 2016 that was the first FRB whose location was pinpointed.

Li noted that numerous hypotheses have been

offered to try to explain these bursts. 'The abundance of models reflects our lack of understanding of FRBs. Our work favors

active repeaters being

born out of an extreme

explosive event such as a

supernova. These active repeaters are also young, as they have to be seen not long after the birthing event," Li said. The astronomers

suspect that the newly described FRB is a "newborn," still enveloped by dense material blown into space by a supernova explosion that left behind a neutron star. They said repeating bursts may be a trait of younger FRBs, perhaps dissipating over time. Discoveries like the

help scientists determine the cause of these radio bursts. Scientists previously were able to craft an explanation for the cause of another enigmatic phenomenon - hugely energetic explosions called gammaray bursts - as originating from the death of massive stars, merging neutron stars and magnetars.

newly described FRB may

"FRBs have rapidly risen to become a wonderful example of an astrophysical puzzle, just as gamma-ray bursts were a few decades ago," Law said. "We know more and more about the phenomenon, where the sources live, how often they burst, etc. However. we are still chasing for that golden measurement that will give us a definitive answer to what causes them."

TUESDAY, JUNE 21, 2022

TikTok moves US user data to Oracle servers Move that could address data integrity concerns

NEW YORK/WASHINGTON
— TikTok has completed
migrating its U.S. users'
information to servers at
Oracle Corp, in a move that
could address U.S. regulatory
concerns over data integrity
on the popular video app, the
company confirmed to Reuters.

The move comes nearly two years after a U.S. national security panel ordered ByteDance to divest TikTok because of fears that U.S. user data could be passed on to China's government.

The White House and U.S. Treasury had no immediate comment.

Like it or not, living as a couple, your debt is his There are better things waiting for you with commitment



DAVE SAYSDave Ramsey

ear Dave, I live with my boyfriend, and we have a baby together. I brought debt into the relationship, and I'm using your debt snowball method to pay it off, but he is debt-free. We have quite a few shared expenses that we split 50-50, but that means we are constantly reimbursing each other. Should we keep our finances separate until I pay off my debt, or is it okay to combine everything now? I'm 26, and we love each other and want to get married, but he makes quite a bit more money than I do. I feel guilty taking that step when I still have debt.

– Dakota

Dear Dakota,
I don't tell people they have
to wait until they're out of
debt to get married. I don't
tell people they should wait
until they're debt-free to have
children, either. Listen, you
two love each other. You have a
baby together, you live together,
and you're trying to figure out
a way to combine incomes and
everything else – except the
debt. Too late. That ship has

Here's some arm-aroundyour-shoulder, old-man advice. The best thing for that baby, and the best thing for you and your boyfriend, is for you two to get married and combine your incomes, combine your lives - combine everything and join it all so tight it cannot be torn apart. Then, go live a beautiful, glorious life together. Getting out of debt is part of the adventure. Raising that child together is part of the adventure. Waking up and looking at your husband when he starts to lose his hair is part of the adventure.

It's very difficult legally and relationship-wise to play house financially when you're not married. You get into stupid arguments over who bought the mustard when you're sharing the same bed. It's just so inconsistent and incongruent. That's the system you're using now, but there are better things waiting for you.

I'm not being judgmental, Dakota. I just want good things – the best things – for you and

your family.
— Dave

Dave Ramsey is a personal money-management expert, a bestselling author and host of the nationally syndicated radio program "The Dave Ramsey Show," which is heard locally on KROC-AM. For more financial advice, visit daveramsey.com.



Pauter file phot

SpaceX founder Elon Musk fired at least five employees over a critical letter urging company leaders to make the firm's culture more inclusive.

SpaceX fires at least 5

Elon Musk's over critical letter by employees

BY JOEY ROULETTE AND ERIC M. JOHNSON Reuters

rivate rocket company SpaceX fired at least five employees after it found they had drafted and circulated a letter criticizing founder Elon Musk and urging executives to make the firm's culture more inclusive, two people familiar with the matter

SpaceX did not immediately respond to a Reuters request for comment.

The New York Times reported on Thursday that SpaceX had fired employees associated with the letter, citing three employees with knowledge of the situation. It had not detailed the number of employees who had been dismissed.

SpaceX President Gwynne Shotwell sent an email saying the company had investigated and "terminated a number of employees involved" with the letter, the New York Times said.

The newspaper said Shotwell's email said employees involved with circulating the letter had been fired for making other staff feel "uncomfortable, intimidated and bullied, and/or angry because the letter pressured them to sign onto something that did not reflect their views."

Reuters could not independently confirm that report.

Billionaire Musk is pursuing a \$44-billion bid for Twitter and has made clear his support of freer controls on speech on the site. On Thursday, he told Twitter employees the platform should allow "pretty outrageous things" as long as the content is not illegal.

The SpaceX letter, headed "an open letter to the Executives of SpaceX," seen by Reuters, called Musk a "distraction and embarrassment" to the company he founded.

In a list of three demands, it said "SpaceX must swiftly and explicitly separate itself from Elon's personal brand," "hold all leadership equally accountable to making SpaceX a great place to work for everyone" and "define and uniformly respond to all forms of unacceptable behavior."

Musk, also head of electric automaker Tesla Inc TSLA.O, has been in the headlines and featured in late-night comedy monologs in recent months, including over his quest to take over Twitter, his criticism of Democrats and a reported allegation of sexual harassment, which Musk has denied in a Twitter nost.

The open letter at SpaceX, first reported by The Verge, was drafted by SpaceX employees in recent weeks and shared as an attachment in an internal "Morale Boosters" group chat that brings together thousands of employees, a person familiar with the matter said, asking

not to be named.

Musk, also the company's chief engineer, has been viewed as a central figure in many of SpaceX's high-profile successes, such as pioneering the re-use of orbital rocket boosters and bringing back routine human spaceflight from U.S. soil after a nine-year hiatus.

Shotwell, who leads much of the company's day-to-day business, has said she will enforce SpaceX's "zero tolerance" standards against employee harassment.

Founded by Musk in 2002, SpaceX has played a central role in the U.S. space program, becoming the only company capable of launching NASA astronauts into space from U.S. soil and planning to send humans to the moon for the space agency within the next decade.

SpaceX is also one of two companies on which the Pentagon depends to launch into space the bulk of U.S. military and spy satellites.

Zumbrota's historic library to start its next chapter in July

Zumbrot

he next chapter of Zumbrota's famous literary landmark is slated to start soon.

Andy and Anna Smith, who own Garden Party
Books and Gray Duck
Theater & Coffeehouse in
Rochester, have been working
on adapting the main floor
of Zumbrota's 113-year-old
former Carnegie Library
into a bookstore.

They purchased the classic building at 310 East Ave. in February for \$150,000.

"It took longer than we thought it would, but it should be ready to open on July 1," said Andy Smith. "The main level will follow the same model as our Garden Party store in Rochester with used books, cards and crafts."

The couple decided to match the name of the store with the historic nature of the building. It will be called the **Zumbrota Literary Society**. The Zumbrota Literary Society is the name of the local book group that originally petitioned philanthropist and titan of

industry Andrew Carnegie



HEARD ON THE STREET Jeff Kiger

for the funds to build the library in 1907-1908. While the Smiths will

while the Smiths will be selling used books and more upstairs, the lower level of the historic library will remain as Crossings at Carnegie. The art gallery, run by local artist Marie Marvin, will sell art and offer classes as it has for many years.

"We're going to start with used books, but we hope to add new books for the next stage. Hopefully, by the holidays." said Smith.

holidays," said Smith.

To prepare for the opening, he said they have hired three new employees for Rochester's Garden Party store at 602 Seventh St. NW. Plus a new creative director for both of the bookstores is expected to start later this

summer or fall.



Post Bulletin file photo

Andy, left, and Anna Smith speak during an open house April 25, 2019, at Gray Duck Theater & Coffeehouse in Rochester. Since opening that business, they have also opened Garden Party Books next door, and they've been working on adapting Zumbrota's former Carnegie Library into another bookstore.

Biz buzz

This isn't the only local historic building being transformed to house something new.

In Rochester, a project is in the very early stages that add a restaurant to a very old downtown building. If this plan moves ahead as hoped,

I'll have more to serve up this in the near future.

Jeff Kiger tracks business action in Rochester and southeastern Minnesota every day in "Heard on the Street." Send tips to jkiger@postbulletin.com or via Twitter to @ whereskiger. You can call him at 507-285-7798.

D2 | BUSINESS | TUESDAY, JUNE 21, 2022 | POST BULLETIN, ROCHESTER, MINN.

How do you define a recession? Let us count the ways

REUTERS

WASHINGTON — Whether the United States, the world's largest economy, will slip into a recession is a growing concern for chief executives, the Federal Reserve, and the administration of President Joe Biden.

But defining what a recession is, and predicting when it will happen, is not straightforward.

WHAT IS A RECESSION?

A recession is often defined as two consecutive quarters where the economy shrinks instead of grows, but with plenty of

The COVID-19 pandemic recession only lasted two months, for

example, the shortest cycle on record.

WHO DETERMINES **RECESSION?**

In the United States the official call is made by a panel of economists convened by the National Bureau of Economic Research, sometimes as much as a year or more after the fact.

The private nonprofit research group defines recession as a "significant decline in economic activity that is spread across the economy and that lasts more than a few months." While each of three

criteria - depth, diffusion, and duration — "needs to be met individually to some degree, extreme conditions revealed by one criterion may

partially offset weaker indications from another," the group says.

WHAT IS THE SAHM RULE?

There are other approaches to calling a recession, including the employment-based Sahm rule, named after former Fed economist Claudia Sahm, who created it to flag the onset of recession more quickly than official arbiters do.

The rule states when the 3-month rolling average of the unemployment rate rises a half a percentage point from its low, the economy has entered a recession.

WHAT IS A 'SHALLOW **RECESSION'?**

Recessions come in many shapes. They can be deep but brief, like the pandemic

recession which lasted two months but deleted 22 million jobs and sent the unemployment rate briefly to 14.7%.

They can be deep and scarring, like the Great Recession or the Depression, taking a decade or longer for the labor market to revive.

Economists and analysts have recently flagged the possibility that the United States is headed into a "shallow recession," one in which the economy contracts only marginally, and for a limited time.

WHAT IS A GROWTH **RECESSION?**

Another idea being discussed by some economists and analysts is the notion of a "growth recession," in

which economic growth slows below the U.S. long-term growth trend of 1.5 to 2 percentage points per year, but does not contract, while unemployment increases. This is the scenario mapped out by some Fed policymakers in their forecasts this week.

WHAT'S THE LINK **BETWEEN INVERTED YIELD CURVE AND RECESSION?**

When the market rate for short-term borrowing exceeds that for a longerterm loan, it is known as an inverted yield curve, and seen as a harbinger of a recession.

Historically at least some part of the yield curve has inverted before every recent recession, and alarm bells started ringing when that happened on June 13.

Research from the Federal Reserve argues that the most widely followed yield-curve measure, the gap between yields on the two-year and the 10-year Treasury notes, doesn't actually predict much of anything; a better gauge is the gap between threemonth and 18-month rates, which has not inverted.

WHAT IS THE BEAR **MARKET LINK TO RECESSION?**

The recent steep stock sell-off has also set off alarms. Nine of 12 bear markets, or drops of more than 20%, that have occurred since 1948 have been accompanied by recessions, according to investment research firm CFRA.



Contributed / Justin Eiler

The most recent potato variety to join the list of approved McDonald's potato varieties is the Dakota Russet, developed at North Dakota State University by Asunta "Susie" Thompson, associate professor of plant science and potato breeder.

McDonald's is lovin' ND potatoes in its french fries

BY ANN BAILEY Agweek

french fries.

McDonald's has accepted a North Dakota State University potato variety for use in its

The restaurant in March 2022 accepted the Dakota Russet, developed by Asunta "Susie" Thompson, an NDSU potato breeder and associate professor of plant science. The variety has been delivered to McDonald's suppliers, who are turning them into McDonald's french

Before the March acceptance of the Dakota Russet, it had been six years since a North American variety had been accepted, a news release from NDSU said.

The cross to develop the Dakota Russet variety was made in 1999, and Thompson selected the potato in the single-hill nursery in the fall of 2001. Eleven years later, the variety was named and released.

The Dakota Russet often is called a "grower's potato" because it is

high yielding, doesn't require as much fertilizer and water as some other potatoes, and doesn't have some of the disorders, such as sugar end, which causes french fries to have dark ends, Thompson said. Meanwhile, she said it's an ideal potato variety "that is uniform and blocky with a golden Russet skin and creamy white flesh," she said.

"Based on national testing and grower evaluation, the Dakota Russet is widely adapted across North America,"

said Carl Hoverson, a potato grower near Larimore, North Dakota, and partner with Ron Offutt and R.D. Offutt Farms. "It also thrives during a shorter growing season, which is important with variable weather conditions we experience here in the Midwest.

"With this variety, we are able to consistently obtain excellent fry quality," Hoverson said.

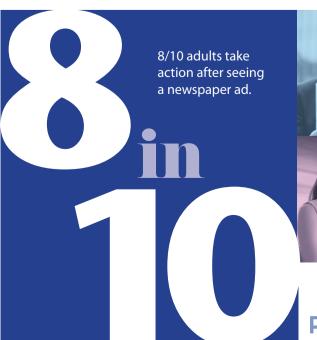
The Dakota Russet variety is one of eight McDonald's has accepted in North America.

The variety has the low sugar, high starch characteristics desired in a potato that is used for french fries, Thompson

Acceptance of the Dakota Russet has been a dream of Thompson's, because the restaurant's french fries are the gold standard, she said.

McDonald's is excited about the introduction of Dakota Russet to its quality group of potato varieties, said Daniel Roche, McDonald's global quality system manager of agricultural products. The company spends years testing new potato varieties, including quality, sensor and consumer validation, before they are introduced to suppliers and restaurants to ensure the potatoes meet McDonald's standards, Roche said in a prepared statement.

"The Dakota Russet has delivered a great appearance, flavor and texture — producing the same great taste our customers love," he said.





Call to schedule your ad today! 507.285.7600 | PostBulletin.com

Opinion

High gas prices haven't put a dent in traffic

t's easy to find people who say gas prices will keep them from driving. They're on the roads.

That is an early hint that the "crisis" of high prices at the pump is less dramatic than the testimonials make it. And if history is any guide, it is temporary.

Florida is seeing a record number of tourists. They are driving, and they are flying in, having bought air tickets made extra expensive by the high cost of jet fuel. The Transportation Security Administration, which oversees airport security, expects travel this season to match or even exceed the prepandemic levels.

And Florida is surely not alone. Las Vegas tourism is reportedly back to near prepandemic levels. In Colorado, the Automobile Association of America expects driving over the Fourth of July weekend to be up about 8% over a year before. Never mind that the national average for a gallon of regular is \$1.86 higher than it was in July 2021.

A recent Longwoods International Travel Sentiment study has twothirds of American drivers saying that higher gas prices would factor into their decision about traveling the next six months. But only 6% of those surveyed said they are actually canceling trips because of it.

And so what gives? It could be that Americans, driven by pent-up demand for post-



HARROP

pandemic travel, are just willing to dig deeper into their funds to keep the tank filled. It could it be that they are driving more fuel-efficient vehicles and thus buying fewer gallons of gas to begin with. It could be that the "record-high price of gas" we keep hearing about is not actually a record high.

It could be all the above.

To some extent, consumers make choices as to how much gasoline they buy. Consider the woman in Reno, Nevada, who worried on CNN that high gas prices might deprive her 3-year-old daughter of a visit with family.

"There's so much my daughter has lost out on," she said, referring to the COVID-19 shutdowns. "And there's a feeling again as a parent that I'm going to have to be limited about what I can offer."

It's true that pump prices in Nevada are among the highest, but we do decide how far to live from family. The Reno woman has a car, unlike the very poor, and looked solidly middle-class. She ought to know that cheap gas is not an entitlement. And living far from family is ultimately her decision.



Al Seib / Los Angeles Times / TNS

Despite gas prices that are high and rising, drivers still fill the nation's roads and highways. Here, morning traffic begins to swell on the 101 Freeway in the San Fernando Valley area of Los Angeles.

During the COVID-19 lockdowns, many workers moved away from metro areas for bigger houses and more land. Their choice. If that meant they had to drive more, well, that belonged in their calculations. For many, the ability to work from home saved on commuting costs. But also for many, there was the strong possibility that they may have to return to an office. And it's never wise to assume that those travel expenses won't go up at times.

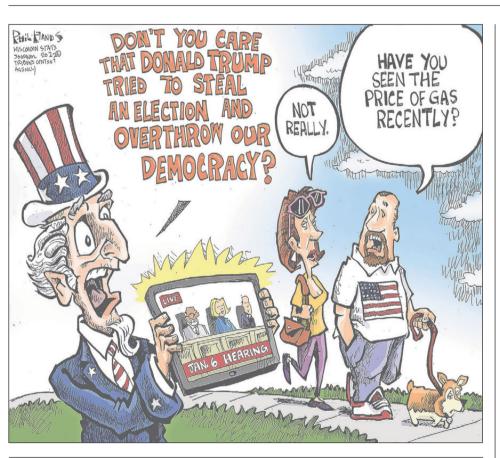
We should not underestimate the power of more fuel-efficient vehicles to relieve "pain at the pump." Mileage has been improving for decades, with electric vehicles an absolute game changer. Ford's current highclass problem is keeping up with calls for its electric vehicles, particularly the Mustang Mach-E EV and the electric version of its F-series trucks.

A sophisticated analysis of today's gas prices would note

that the national average for a gallon of regular now stands at about \$5.01. Adjusted for inflation, the price for that gallon in 2008 (then \$4.11) would have been \$5.37.

Demand for gasoline keeps rising. But so apparently is demand for space on the roads. Moan about high gas prices, if you must. The traffic doesn't seem to have noticed.

Follow Froma Harrop on Twitter @ FromaHarrop. She can be reached at fharrop@gmail.com. ©2022 Cre-



LETTERS

E15 BLEND SAVES MONEY, LIFTS ECONOMY

It's easy to see the toll that the instability of today's global oil market is taking on consumers. However, this summer, Minnesotans will have access to a cost-saving biofuel called E15, a homegrown gasoline blend that has 5% more ethanol than traditional blends.

Last month, the federal government announced it was lifting its restriction on the summer sales of E15, allowing it to be sold year-round. This is great news for Minnesota drivers and

E15 is an environmentally friendly, cost-effective fuel option that works for almost all cars on the road today. That's why we need to improve access to higher ethanol blends of motor fuel like E15. Investing in homegrown energy is a great way to make our state more energy independent while helping Minnesota consumers and farmers alike.

Statewide access to higher blends will directly benefit our corn farmers and ethanol producers, while saving drivers an extra 5-10 cents per gallon. In fact, a report shows that statewide E15 could add to the 23,500 Minnesota jobs already supported by ethanol and increase our state's GDP by \$313 million annually -– money that will fuel our recovery.

That is why Minnesota lawmakers need to continue to find more ways to permanently expand and support the availability of E15 fuel blends across

Minnesota. Marlin Fay, Grand Meadow

The author is president of the Mower County Farm Bureau.

APPROVAL FOR SOLAR PANELS THROUGH XCEL ENERGY ISN'T SHORT

Last fall my wife and I decided to have solar electric panels installed on our river cottage in Wabasha. We contracted with All Energy Solar and proceeded to ascertain the site and suitability of roof support. A building permit was required and it was obtained after a septic system inspection.

Originally we were told the panels could be installed by this June 2022. Occasionally, in the last few weeks I would receive from Xcel Energy, the grid provider, a notice that the application was incomplete, but All Energy Solar communicated with Xcel and I was told all was in order.

I just received from Xcel Energy a notice that there were four applications ahead of mine in the application process which they say takes up to 240 days for each of the proceeding four applications. That means, by my calculations, it could take over three years to complete the application process, never mind installation.

I have friends and family who, in other areas, including Rochester, have had panels installed in two to three weeks. I don't know what the issue is with Xcel, but I have several theories. Delays, which would reduce the grid provider's income, should not be allowed to thwart climate friendly

Fredric Kleinberg, Rochester

Why can't Johnny write? (Because of texting?)

BY JERALD MCNAIR

Chicago Tribune

hat is the difference between writing and texting? If you were to pose that question to youths from Generation Alpha — born starting in 2010 — many of them may be hard-pressed to answer. Members of younger generations, including Gen Z, have grown up with cellphones as part of their everyday attire.

It is estimated that more than half of American children own a smartphone by the age of 11, according to a survey conducted by Common Sense Media. By the time they turn 8, about 1 in 5 have their own cellphone.

The wide use and ownership of these devices mean that youths are communicating more. While educators will tell you that allowing children to dialogue and engage at different levels helps their language skills, the type of written communication conducted on mobile devices has the tendency of being more of a hindrance than a benefit to

our youths. Texting is its own language. Online tech dictionary Webopedia lists nearly 1,700 common abbreviations and acronyms used in texting. For members of Generation Alpha, who are at the beginning stages of language development, developing formal writing skills while using text

talk creates challenges. Teachers have explained to me how often they have to correct basic words in their students' writing because far too many of them use text language in place of formal English. This may seem inconsequential; these youths are many years away from entering the labor force. But if steps are not taken to address this problem, it could present a challenge for our labor force and our economy. According to the U.S. Department of Labor, written communication is a soft skill that is among the skills viewed as fundamental to an employee doing a job effectively. Companies identify writing as one of the essential skills for success in 21st century workers.

An unskilled labor force hurts productivity and compromises an individual's employment opportunities, which ultimately hurt

the economy.

Underdeveloped or poor writing skills may also hinder our youths in effectively communicating their emotions so that adults can

understand them. We see the implications of this in the tendency of far too many of our youths expressing themselves through violent acts. Every day, about 360 teens are treated in emergency departments for assault injuries, according to the Centers for Disease Control and Prevention. In 2020, suicide was the second leading

cause of death for teens 10 to 14. Do educators and parents miss some of the warning signs because they don't understand the language that

many of our youths are using? Generation Alpha poses an interesting dilemma — and opportunity — for us all. They are the youngest generation to experience the pandemic that has killed more than 1 million Americans. How it will affect them mentally and emotionally in the long run is still to be determined. So far, data from the CDC shows that it has increased their level of anxiety and depression related to, among other things, the shift from in-person learning to virtual education. Arguably, this has elevated the importance of technology and the devices at their fingertips. Getting them to put down their devices and engage in conversations is a challenge. But there is an opportunity to shape their mindset because they are young and still impressionable.

Doing so requires putting limits on cellphone use, engaging with them in more face-to-face communication and having them use that time away from their devices to use more formal language skills, both orally and written. Restricting texting to a certain level could help as they develop formal language skills.

Texting is here to stay. What can't become our new normal is allowing our youths to supplant formal language skills with ever-evolving faddish language.

The youngest members of our nation have seen and experienced things we never thought possible. How we help them navigate through these unprecedented times? First, by keeping communication open and readily embracing dialogue. Allowing Generation Alpha too much texting time threatens that and hurts us all.

Our future generations need us to make hard decisions for them. They are depending on us to get this right.

Jerald McNair is a school administrator at South Holland School District 151 in Illinois. ©2022 Chicago Tribune Distributed by Tribune Content Agency, LLC.

Hear, here: The Post Bulletin is doing more with audio

abies are in vogue this spring and summer at the Post Bulletin. One editor's family recently had its first child, a son, and another editor and his wife will be introducing their first daughter in a few months. A freelance writer just welcomed child No. 1, a baby daughter, within the last couple of weeks.

My family is a lot farther along. My two children were born in 2002 and 2003, and were high school graduates the past two springs. The empty nest is upon us. So the events in my coworkers' families and mine have sent me down memory lane. I've been reliving past moments viewing photos, and, more significantly, listening to audio recordings of myself and my kids when they were toddler

These digital recordings have been put on my phone and I play them sometimes in the car. I've listened to my daughter correct me on the order of the



PIETERS

days of the week (silly Dad couldn't seem to get them straight); heard my son's husky voice naming animals in an Eric Carle picture book; heard the three of us singing "Baby Beluga" together and laughing. These auditory experiences are somehow richer than videos and safer to enjoy while driving,

If you're a reader at our website, PostBulletin.com, you may have noticed our efforts to tell stories with more than iust written words and static pictures. Some stories are supplemented with video or other interactive technologies.

And soon, increasingly, you will see audio join the mix.

Why audio? For one thing, the technical requirements to record and view it are lower, so audio is easier for us to obtain and for you to enjoy. Phone interviews can be recorded. (As a rule, we seek permission from subjects to record calls, and seek additional permission before we present any audio to our audience.)

And maybe the best reason for presenting audio is the reason you may have understood from my telling of my own experiences listening to my children's recordings: Sometimes audio just delivers a bigger impact. I'm not sure that the life experiences I have recently listened to would affect me the same way if I could see them, too.

Besides supplementing our stories with audio, we also present a number of audio podcasts for you to enjoy. You can find the full lineup at www. PostBulletin.com/podcasts. We have at least one other new podcast in development. Watch

But wait - there's more. Erich Fisher, one of our digital content producers, occasionally interviews PB journalists about their special projects and other efforts and milestones for a series he calls "Behind the Headline." You can find those online at www.PostBulletin. com/behind-the-headline.

TEEN COLUMNISTS, APPLY NOW

The last few teen columns of the 2021-22 school year have been submitted and published. Now it's time for me to take applications from prospective members of the next batch of writers. If you're a teen who's

interested in a writing - or if you know one – here is what you (or they) need to do: Send me a cover letter introducing yourself and describing your interest in being a teen

columnist. I'd like to know where you go to school and what grade you'll be in, come fall.

Include two to three good writing samples. Class papers are fine. Journal entries or practice columns are even better. Fan fiction or poetry are

not helpful.

Teen columnists write roughly once a month through the school year. Columns are 500- to 700-word personal essays about any topic you wish. I lead the program and offer guidance and encouragement to the writers. If you're looking for a reason to do it, current columnist Xavi Laack's column today does a fine job of explaining why.

The application deadline will be Aug. 5. You can email or call me with any questions.

Jeff Pieters is editor of the Post Bulletin. He can be reached by phone, 507-285-7748, or email, jpieters@ postbulletin.com.

There's plenty of room for fun in your seemingly perfect world

he scene opens with a group of young children, all dressed up in perfect formal attire. It's a school orchestra playing the opening notes of "Also Sprach Zarathustra" by Richard Strauss. You might not be able to name that tune, but recognize it as the theme from the movie "2001: A Space Odyssey," and the triumphant background music from numerous videos.

Closeups show the students intently playing their instruments, proudly performing for their audience, finally centering on a young girl playing her violin. Badly. Very badly. In fact, even to my untrained ear, this orchestra sounds just awful.

Cut to a woman, carefully coiffed, perfect in her appearance. She is grimacing, understandably so, because the students are exploring new ways to slaughter Strauss'



THE CROSSHATCH Craig Wruck

music. The camera pulls back, revealing that the "perfect" woman is sitting behind the steering wheel of a car. As she rolls up the window and reclines her seat, the squalling sound of the young performers is blocked out and she relaxes with a broad smile on her face.

In the final scene, the woman is driving while the young violinist enthusiastically yammers about her performance. A smirk crosses the woman's face as a mercifully perfect-sounding orchestra completes the Strauss score.

It's only a 30-second television commercial for a luxury SUV. Apparently, buying this car will help in my quest for perfection and, when I encounter something that's less than perfect, I can just roll up the window and ignore it.

No thanks, that's not for me. I'll stick with real life, even with all its imperfections. Experimenting and failing practicing and growing, I think that's the way to live, even if it seems out of step these days.

You may not realize, most recorded music today is routinely run through digital signal processing before it is released. This "harmonizer" technology listens to the recording, detects when the musician was a bit off key, and automatically makes a correction. The result is a final recording that sounds perfect. Harmonizers are cheap and ubiquitous. There's even an app for your smartphone.

That popular song, you know, the one that stirs your

soul with the pitch-perfect vocals? Chances are it's not just the singer's talent, but also a bunch of dancing bytes on a silicon chip that made those sweet sounds. Even worse, you are in for a disappointment when you have the chance to hear the song performed live, unless, of course, your favorite singer travels with a harmonizer — and many do.

This ruthless pursuit of perfection is spreading like a virus. Computer-generated graphics can fix just about any visual flaw. In fact, the brandname software Photoshop has become a verb, as in "We'll just photoshop that later.

When actors don't deliver their lines perfectly, moviemakers use something called **Automatic Dialog Replacement** to fix the errors. Over time, moviegoers start to expect that conversations should never be punctuated with "umm" or "ahh," and always flow

perfectly without pauses or stutters, even though talking to real people is never that way.

But, back to the children and their orchestra. I hope we will listen and encourage them to be creative and pursue their dreams, even if their performance is not always perfect. Growing up should provide plenty of opportunities to experiment and practice — even fail while learning and growing. Let's all celebrate those

experiences and never, ever, roll up the window to block out the noise. Perfection takes time and work, but, as Mary Poppins said, in every job that must be done, there is an element of fun. That's real life.

Craig Wruck describes himself as a relentless optimist. He is a retired college administrator who recently relocated to Rochester to spend more time growing up with his grandson. Send comments on columns to Jeff Pieters, jpieters@postbulletin.com.

Fish count. Can we count on people to stop tormenting them for 'fun'?

BY PAULA MOORE

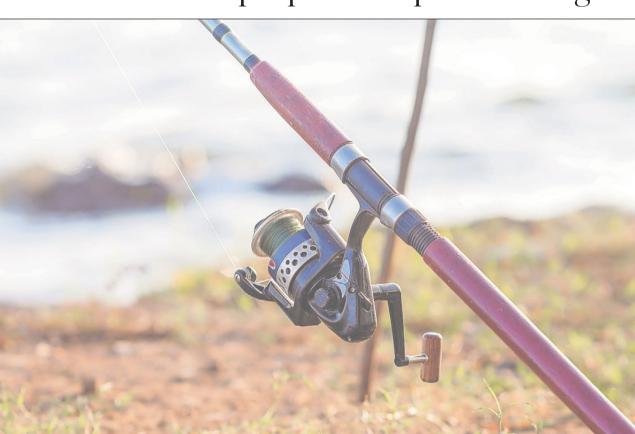
People for the Ethical Treatment of Animals

hen it comes to math, fish do swimmingly. In a paper published recently in the journal Scientific Reports, University of Bonn researchers describe teaching cichlids and stingrays to carry out simple addition and subtraction. Previous studies have shown that fish can count and pick out larger shoals from smaller ones.

What are we to make of this information? According to Dr. Vera Schluessel, who led the University of Bonn study, the experiment confirms that humans underestimate the abilities of other animals. As the evidence of fish's cognitive and emotional complexity continues to add up, it's clear that we must treat them with the empathy and respect they deserve.

One easy way to start valuing fish is to stop fishing for fun.

I haven't always felt this way. Like most people, I grew up believing that fishing was a harmless pastime. My father fished, and when I was a kid, we often took fishing trips together. It pains me to write this now, but back



Dreamstime / TNS

In a paper published recently in the journal Scientific Reports, University of Bonn researchers describe teaching cichlids and stingrays to carry out simple addition and subtraction. Previous studies have shown that fish can count and pick out larger shoals from smaller ones.

then, tricking small aquatic animals into impaling themselves on hooks, yanking them out of their homes and watching them struggle and gasp for air as we worked the hooks out of their mouths seemed like a perfectly normal thing to do.

Here's what I know

Fish are thinking, feeling beings. Fishlike apes and orcas—can recognize themselves in a mirror, a classic indicator of selfawareness. Researchers from Osaka City University in Japan recorded tiny cleaner wrasses, a type of coral reef fish, attempting to rub off marks that had

been placed on their throats or heads while they looked at their own reflections.

Fish form emotional attachments and become depressed when they lose their mates. They prefer to interact with fish who are familiar to them. Biologist Dr. Michael Webster says, "You see little cliques

develop between the fish. There are little clusters of fish which hang out together more often than you would expect by chance." Groupers, wrasses and other types of fish also form bonds with divers who visit them regularly and approach their human friends for a gentle caress or pat on the

Fish have unique personalities, develop cultural traditions, use tools and eavesdrop on other fish. Catfish alert each other to predators, and damselfish in distress cry out for help.

And fish feel painjust as other vertebrates do. According to Dr. Lynne Sneddon, the first researcher to identify pain receptors in fish, '[T]he jury has made its decision and left the building. It is clear that there is ample evidence for pain in fish." But if we're honest, we don't need experts to tell us this. The evidence—the struggling, the gasping for air—is right before our very eyes every time we yank a fish out of the water. We just have to put two and two together.

"People don't expect much from fish," says German neuroscientist Dr. Stefan Shuster, "but that's where they're wrong. Fish are capable of much more than people think." Perhaps we humans are also capable of more than we think and can extend our compassion to all sentient beings, even those we have long misunderstood. Can fish count on you?

Paula Moore is a senior writer for the PETA Foundation. ©2022 Tribune Content

