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# 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 Coach of the Year. She also is one of the few Black female head women's basketball coaches. 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



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.

See **WOMEN**, Page A3

## ASKED & ANSWERED

## Alexandria uses food to share culture

BY **JOHN MOLSEED**  
Post Bulletin

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



Photos by Tucker Allen Covey / Post Bulletin

NAACP Rochester branch President Walé Elegbede opens the celebration with some history about the local NAACP branch during the 2022 Rochester Juneteenth Celebration on Saturday at Rev. Martin Luther King Jr. Park.

# City celebrates Juneteenth

## Rochester holds celebration for Black freedom, culture

BY **ABBY SHARPE**  
Post Bulletin

**ROCHESTER** The day before the anniversary of the official end of slavery, Martin Luther King, Jr. Park on Saturday, June 18, 2022, was filled with community members. The gathering told the history of Juneteenth and celebrated Black culture. The celebration also presented a sort of juxtaposition: speakers told of the barriers still blocking the way for Black growth and equality, while honoring members of the new RISE for Youth program, created by the NAACP and Mayo Clinic. It illustrated where Rochester, 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

programs meant to do so. "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 end of the war would see a wave of lynchings,

See **CITY**, Page A3

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# World

## EU diplomat: Grain blockade is war crime

BY SABINE SIEBOLD AND CHARLOTTE VAN CAMPENHOUT  
Reuters

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.) said.

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 office.

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 committee.

"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 overtake Biden in the state.

"I just want to find 11,780



Drew Angerer / Getty Images / TNS  
U.S. Rep. Adam Kinzinger (R-Ill.), 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-up to Jan. 6."

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

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 plot.

Pence maintained that he did not have the authority to do so.

"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.

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## 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  
Reuters

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 same-sex 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.

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# 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 four-packs 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 rules to be passed.

## 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-barrel-per-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.”

MacFarlane said that



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 supply-chain 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, anyway.

“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 state.”

That doesn’t mean the

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

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 six-packs 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.

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# 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 U.S.

"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 low-income 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

provide for his family. One day, Abobo said, he dreams of building on the skills he learned and earned from farming at Sharing Our Roots, and building his wealth. One day, he aspires to own a farm of his own.

"The experience that I'm learning here is that to empower other people, and we can be able to have enough food that we can supply also to the communities," Abobo said. "Also, we can sell and save some money."

## LOCAL BRIEF

### ROCHESTER WOMAN 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 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

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# StormTRACKER



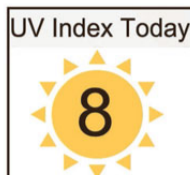
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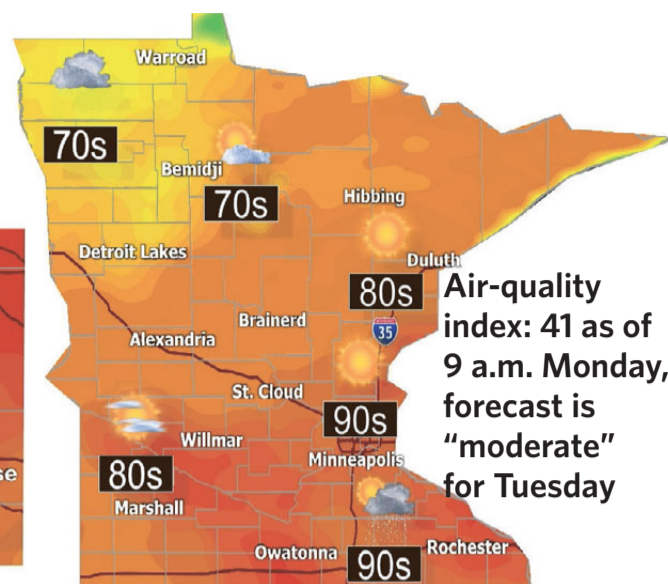


Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday
92/72 Scattered Thunderstorms Wind: W 11 mph	88/68 Partly Cloudy Wind: NW 9 mph	84/64 Partly Cloudy Wind: S 8 mph	85/68 AM Thunderstorms Wind: S 13 mph	78/60 Mostly Cloudy Wind: NW 12 mph	77/58 Partly Cloudy Wind: N 12 mph	78/60 Mostly Sunny Wind: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

\*Average wind speed for each day



## Area highs for today



Air-quality index: 41 as of 9 a.m. Monday, forecast is "moderate" for Tuesday

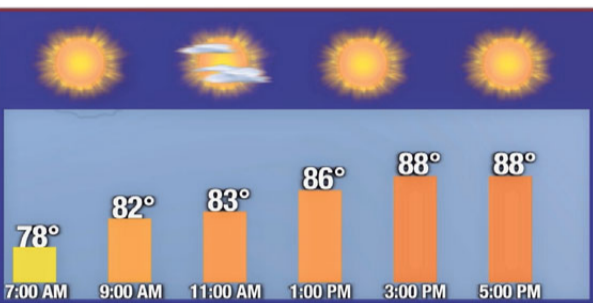
Regional Weather	Today		Tomorrow		Regional Weather	Today		Tomorrow	
	Hi	Lo	Hi	Lo		Hi	Lo	Hi	Lo
Albert Lea, MN	92	72	88	68	Mankato, MN	92	72	88	68
Duluth, MN	81	58	74	56	Marshall, MN	87	62	88	68
Eau Claire, WI	91	63	83	60	Minneapolis, MN	90	67	86	68
International Falls, MN	78	51	76	58	Moorhead, MN	84	58	84	66
La Crosse, WI	94	66	85	64	St. Cloud, MN	87	61	85	64

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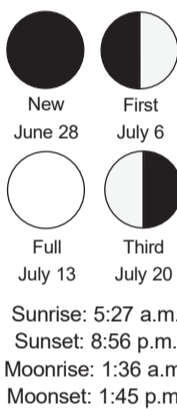
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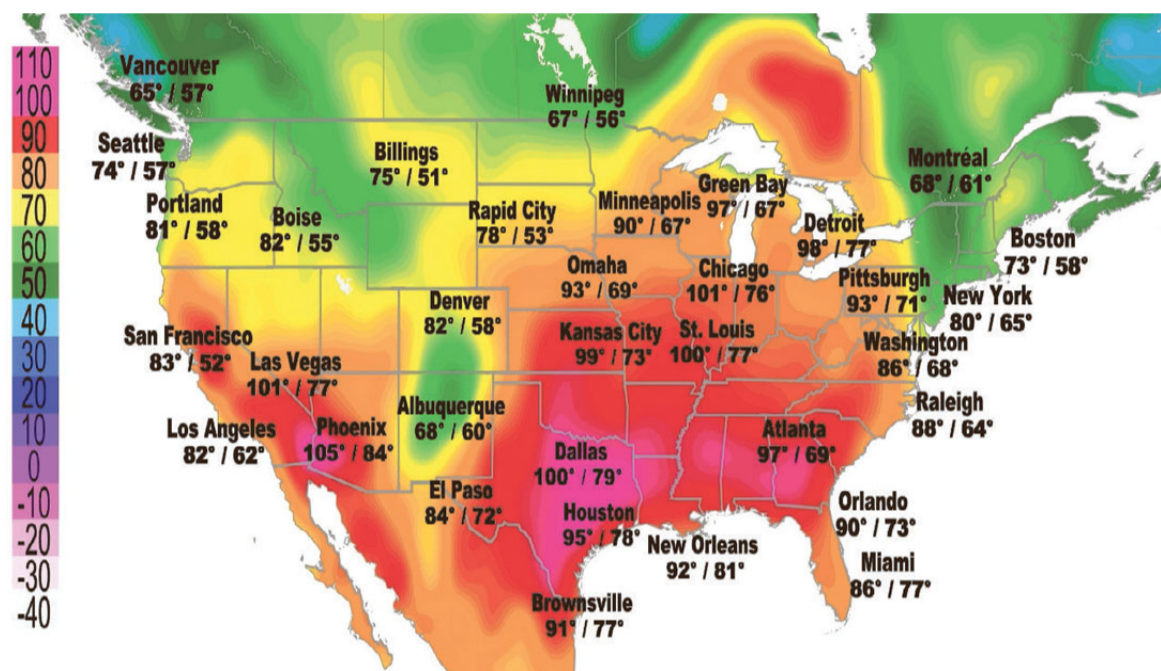


### StormTRACKER Forecast

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



Almanac Through 6 pm Sunday		
Temperature	High	Low
Sunday	92°	62°
Normal	79°	59°
Record	97° in 1913	42° in 1916
Precipitation In Inches		
Sunday	0	
Month To Date	2.68"	
Departure From Avg Month To Date	-0.82"	
Year To Date	17.24"	
Departure From Avg Year To Date	1.84"	



# In campaign, Jensen vents over medical board

## Minnesota GOP candidate rails against 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 race.

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, and I think the reason is 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 most-recent 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 2023.

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

stabilize and shore the trench. St. Paul public works also assisted, in order "to safely do the recovery," said Assistant Fire Chief Matt Simpson.

The recovery work was painstaking because it can be dangerous.

St. Paul and Minneapolis firefighters who are part of 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

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

the vehicle lost control and entered the ditch, rolling several times.

The driver of the vehicle, Morgan Avenson, 22, of Bemidji, was not wearing a seat 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 life-threatening injuries, the patrol said, and was transferred to Sanford Hospital in Fargo.

Gonvick is about 45 miles northwest of Bemidji and 79 miles east of Grand Forks, North Dakota.

— Forum News Service

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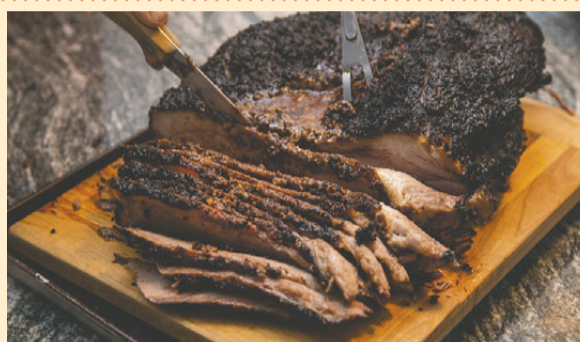
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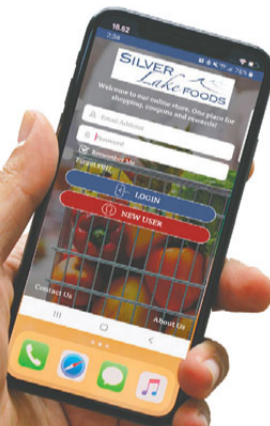
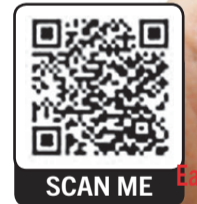


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**\$1.99** Pint

## Dairy



Essential Everyday, Shredded Cheese  
7-8 oz **\$1.77**



Simply Orange Juice  
52 oz **\$3.49**

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Essential Everyday Frozen Vegetables  
16 oz **5/\$5.00**



Essential Everyday Frozen Lemonade  
12 oz **4/\$5.00**



Talenti  
16 oz **2/\$8.00**



Pillsbury Toaster Strudel  
11.7 oz **2/\$5.00**

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10-14 oz **2/\$6.00**



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24-30 oz **\$9.99**



Select General Mills Cereal  
Honey Nut Cheerios, Cheerios, Cinnamon Toast Crunch, Lucky Charms. 8-12 oz **\$3.99**



Betty Crocker Brownie Mix  
18.3 oz **\$1.69**



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24 oz **\$2.29**



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8 pk. **\$5.99**



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9-14 oz. **\$3.49**



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# 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 available.

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 Heyer 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

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 year’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 as advertised from J&J Concessions. This large \$14 chunk of meat was exactly what I was looking for and tasted delicious between the turkey being extremely tender and having a nice smokey flavor. I couldn’t finish it all, though, because there was more food calling my name at Rochesterfest.

**ASADA STREET TACOS, EL CARAMBAS**

I’ll always proudly admit that I’m a 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

when I moved on from my turkey drumstick, my next stop was El Carambas.

I ordered two Asada street tacos for \$10 — which comes with sides of chips, rice and refried beans (I held off on the beans) — and cleaned the plate. The tacos 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 Rochesterfest.

**FOOTLONG HOT DOG, ENGLER CONCESSIONS**

I feel like a staple of any carnival or festival is at least one vendor that’s 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 wrong with.

**SHAVED ICE, MINNE’SNO’DA SHAVE ICE**

Between the drumstick,

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 fan.

**MILKSHAKE, OLMSTED COUNTY AMERICAN DAIRY ASSOCIATION**

For my last stop of the day, I was still looking to cool off, and I found that across 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 2022.

# 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 shooting at a Rochester gas station parking lot.

Lionell Bailey, 38, is charged with second-degree 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 opened fire at a man walking through the



Bailey

parking lot. No injuries were reported in the shooting but law

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.

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

**Got Questions?**

**Never fear. The Answer Man is here!**

Send questions to answerman@postbulletin.com.

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## 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



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**  
Nora 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 arm."

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 three-week 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."



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.

# 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

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

be open to making adjustments and just dealing with things,"

See **TWINS**, Page B2





# Fitzpatrick works magic to win US Open

Reuters

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 Club.

"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 shots.



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,

Zalatoris' tee shot ended up in thick rough and when he failed to get up and down from a greenside bunker Fitzpatrick had a two-stroke cushion with three to play.

Zalatoris had a chance to draw level at the par-four 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 three-time 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 pre-tournament 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 said.

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 spring.

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.

Hayfield 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 well."

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

Reuters

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-of-seven series going into Monday's Game 3, which had yet to start when the Post Bulletin went to press.

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 Denver.

"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."

The Avalanche have been dominant to this

point.

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 two-time 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 at home."

The Lightning hoped their 7-1 playoff record at home would be a confidence boost. However, Colorado



Isaiah J. Downing / USA Today Sports

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

Erik Johnson said his 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 yet."



# 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 am.

A proud employee of Rochester Public Schools, Bruce served in a variety of roles depending on his ability to work full-time. Many know Bruce best as a staple figure running the scoreboard or keeping the official scorebook for high school sporting events. Bruce enjoyed watching competitive sports at all levels and treasured the many friends and acquaintances he met through these events. An avid golfer, Bruce loved joking with others on the golf course. Unfortunately, there is a void on the golf course this summer; family and friends wish we could give him a mulligan to share some laughs and join us for one more round of 18.

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 Dei.

## Richard "Rich" Hammel



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

Rich was born on March 20, 1943, to Paul and Margaret (Hananberger) 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 Fire 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); great-grandchildren, 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



Kenneth Clair Bonnicksen, 89, of 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 family moved to Rochester in his 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 family and will be determined at a later date.



## Dale C. Brown



Dale C. Brown, age 89, of Grand Rapids, MN 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 in Chatfield, MN. He 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 step-grandchildren; and numerous great and great-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](http://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 the farm in rural Chatfield. She was confirmed at St. Paul 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 cows.

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, daughter-in-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](http://rileyfuneralhomes.com)

The family would like to thank the Chosen Valley Care Center/Senior Living Center for the loving care extended to 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 Whitewater Health Services.

Arrangements by Schad & Zabel Funeral Home.

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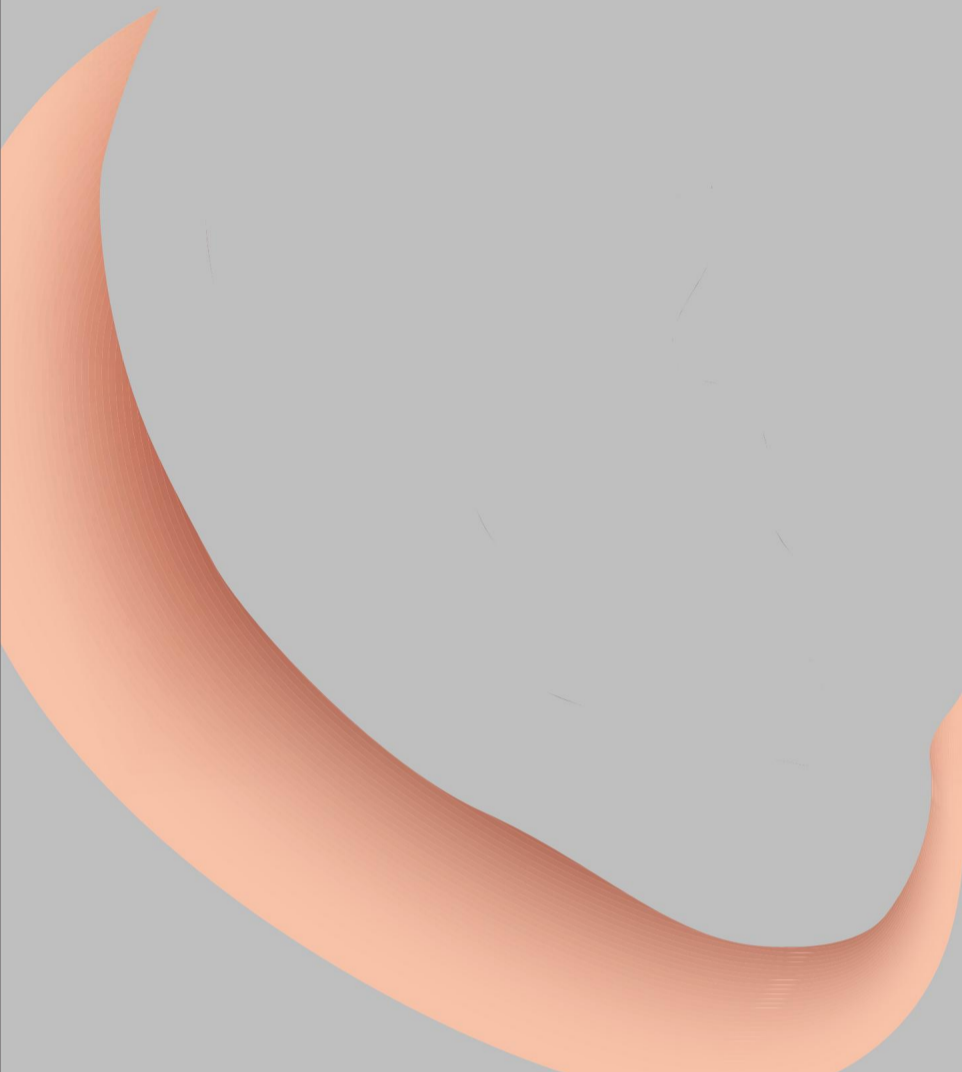




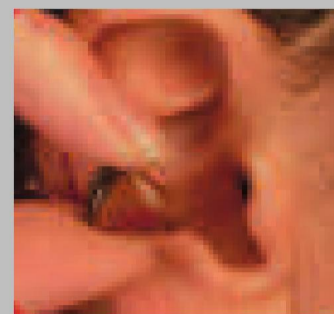




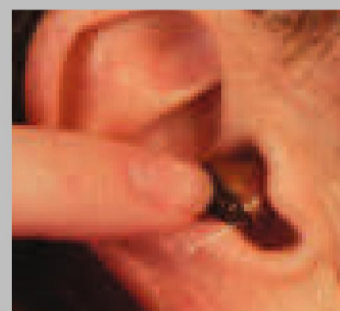
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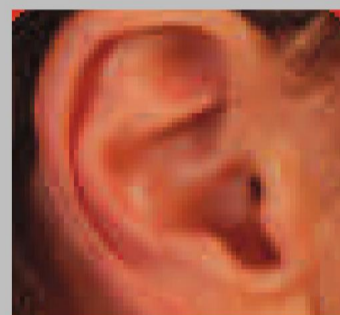
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**CODE: VH192970**

# 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 jmolseed@postbulletin.com.



Ken Klotzbach / kklotzbach@postbulletin.com

Youness Bojji, seen here Oct. 14, 2020, is the executive chef at the newly opened Chez Bojji at 301 N. Broadway in Rochester.

### If you go

**WHAT:** Free Kids Cooking Class.  
**WHEN:** 11 a.m., Sunday, June 26, 2022.  
**WHERE:** Chez Bojji, 301 N. Broadway Ave.



Contributed

### The Fireside Collective

### 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.



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 project.

# Turning trash to art

## Unique art project in downtown Rochester

BY JOHN MOLSEED  
Post Bulletin

### ROCHESTER

At 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.”

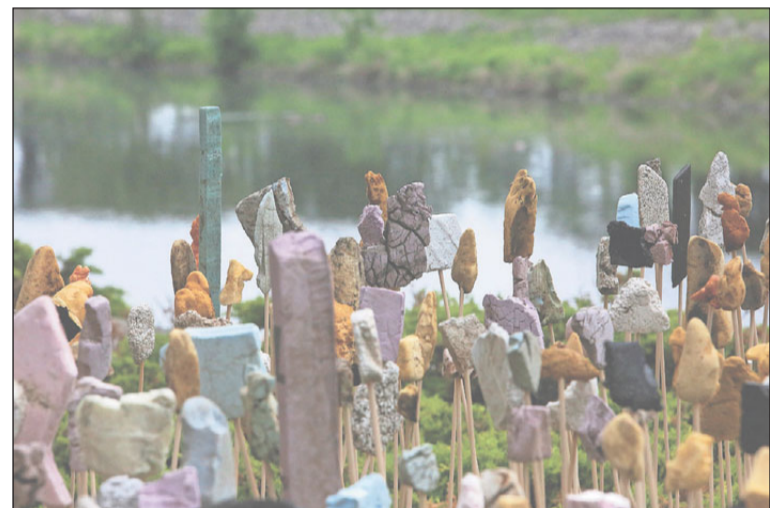
So far, Martin has collected and incorporated more than 9,000 foam pieces from the river into the work.

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 project.

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 Talk  
**WHEN:** 11:30 a.m., June 26, 2022.  
**WHERE:** Rochester Art Center, 30 Civic Center Drive.  
**HOW MUCH:** Free

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 said.

The outdoor installation in Rochester is one of 17 currently 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 said.

“Most of them are meant to be ephemeral in nature,” she said.

Porcella has also personally visited all of them so far, she added.

She said she enjoyed the “98% Air” piece and its resemblance to something found in nature.

See **PROJECT**, Page C2

# Instead of dinner, make it a dessert date

## ‘Life is short and unpredictable. Eat the dessert first.’

There 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 house-made crepes, each layer covered with a light filling of whipped mascarpone flavored 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

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 sellers.”

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

pudding might be off the menu, I ventured out. There it was, Pappy’s Famous Bread Pudding with caramel sauce.

The original recipe is from 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

**Dear 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.

## POEM

# 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.

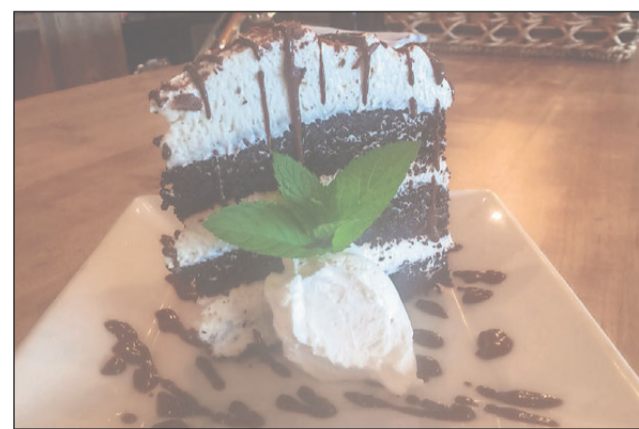
"It's a lot of time on the road, but it's my baby and I kind of did this to myself," she said.

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 jmolseed@postbulletin.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 Tiramisu and/or the chocolate almond

torte. Chesters is at 111 Broadway Ave. S. in Shops at University Square, Terza at 30 3rd St. SE.

Post Bulletin food writer Holly Ebel knows what's cookin'. Send comments or story tips to life@postbulletin.com.

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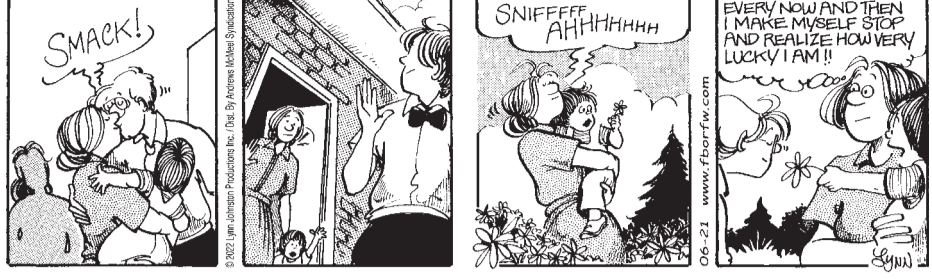
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# Comics

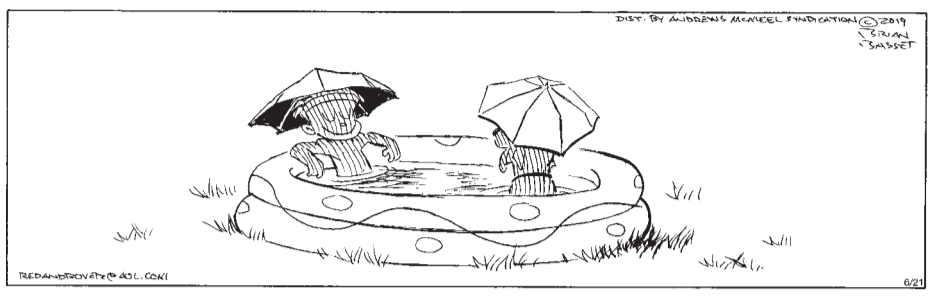
## FOR BETTER OR FOR WORSE | LYNN JOHNSTON



## BABY BLUES | RICK KIRKMAN AND JERRY SCOTT



## RED & ROVER | BRIAN BASSET



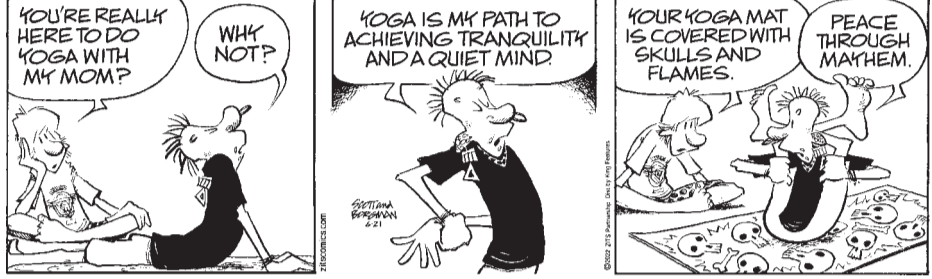
## DILBERT | SCOTT ADAMS



## BLONDIE | DEAN YOUNG AND DENIS LEBRUN



## ZITS | JERRY SCOTT AND JIM BORGMAN



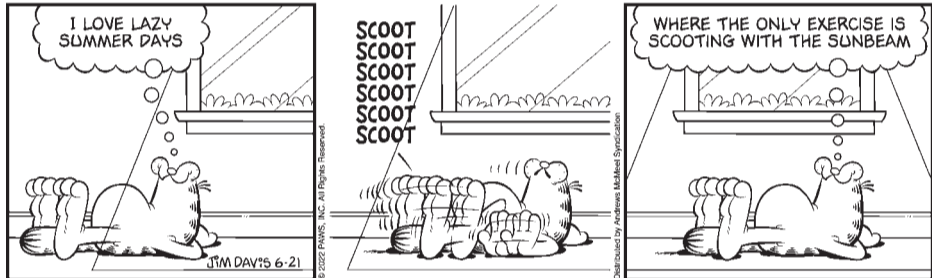
## PICKLES | BRIAN CRANE



## WIZARD OF ID | BRANT PARKER



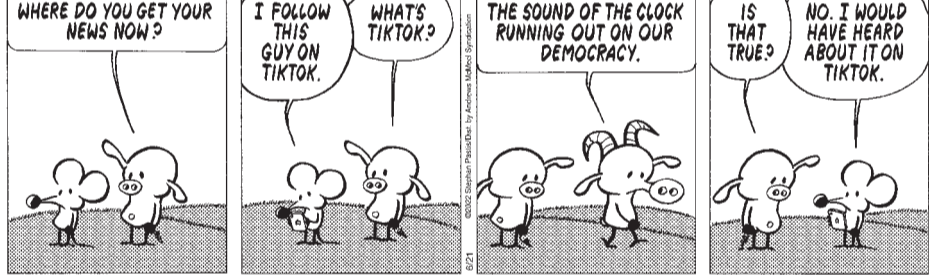
## GARFIELD | JIM DAVIS



## WUMO | MIKAEL WULFF AND ANDERS MORGENTHALER



## PEARLS BEFORE SWINE | STEPHAN PASTIS



## FRANK & ERNEST | BOB THAVES



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## GET FUZZY | DARBY CONLEY



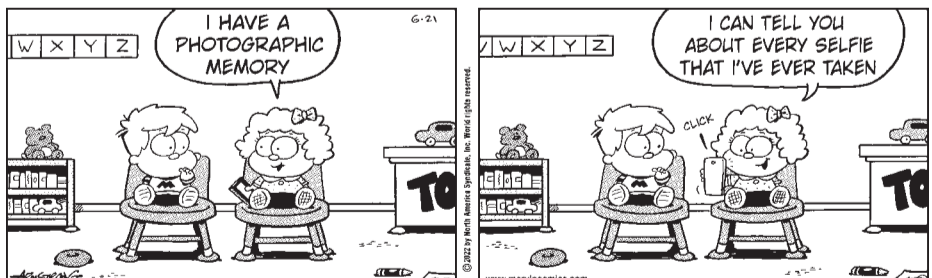
## MUTTS | PATRICK MCDONNELL



## SALLY FORTH | STEVE ALANIZ, FRANCESCO MARCIULIANO, CRAIG MACINTOSH



## MARVIN | TOM ARMSTRONG



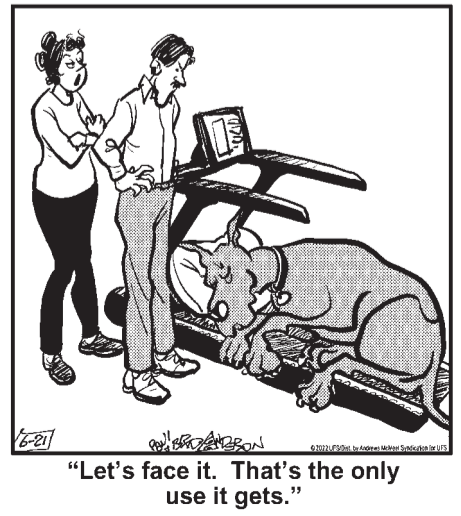
## MARY WORTH | ALLEN SAUNDERS



## FAMILY CIRCUS | BIL KEANE



## MARMADUKE | BRAD ANDERSON



## ARGYLE SWEATER | SCOTT HILBURN



## ZIGGY | TOM WILSON & TOM II





# Fleeing from war-torn Eastern Europe: Cecilia Hansen's tale is modern and historical

The 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 foreign-sounding 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 history.

# Women love a man in uniform

Every 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 County.



Contributed

**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

June 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 myself.

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 fresh)
- 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 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,

and with the heat and 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 visiting, it was funny 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



Contributed

**Columnist Lovina Eicher recently canned 66 quarts of rhubarb juice.**

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 all the fathers out there.

June 15 is sister Emma and Jacob's 27th anniversary. It's her first

anniversary without 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.

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.

# Preventing another Dust Bowl, one tree at a time



**GROWING TOGETHER**  
Don Kinzler

**FARGO**  
Have 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



Tree rows are planted on June 7 near Absaraka, North Dakota.

Photos by David Samson / The Forum



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 rural Cass County, and 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 County Soil Conservation 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.

Tree planting is an 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 year.

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 urban conservation 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 in the urban ReForest the 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 five-person 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://casscd.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](mailto: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



Contributed / Special to The Forum

**A reader wonders what might be causing the leaves on their ash tree to develop dark spots and edges and fall off.**

may grow into curled shapes as the leaf margins turn black and die while the remainder of the leaf tissue grows

normally. “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 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 grass-free 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 eventually mesh tightly 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](mailto: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**

**W**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 better-known 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

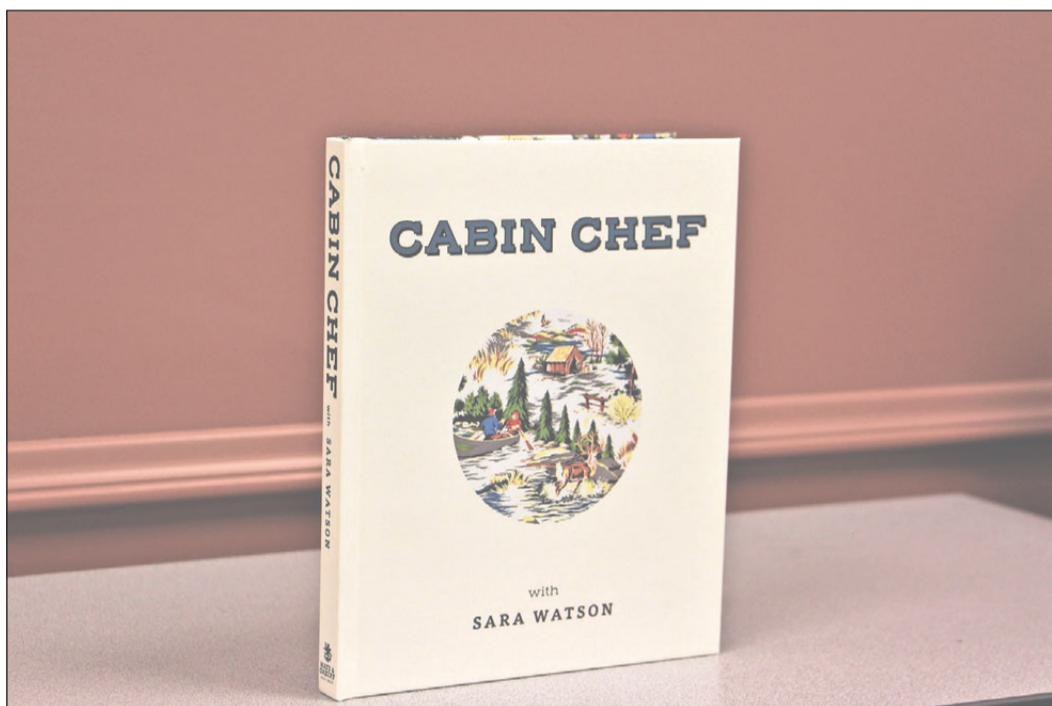
**Chef Sara Watson of Vergas’s Blackboard restaurant visited Mainstream Boutique in Detroit Lakes on Saturday, May 28, 2022, to sign copies of her new cookbook, “Cabin Chef.” Watson created all the recipes that are featured in the cookbook.**

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 flat-out 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

**D**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 our 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



**DEAR ANNIE**  
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 “Trapped.”

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

Victims

**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.com.

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# 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 year.”

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.”



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



Photos by Derek Montgomery / MPR News

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 outdoors-centric 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 said.

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 on.”

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 to engage.”

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 day.

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 are tough.”

# Astronomers ponder ‘cosmic mystery’ over radio wave bursts

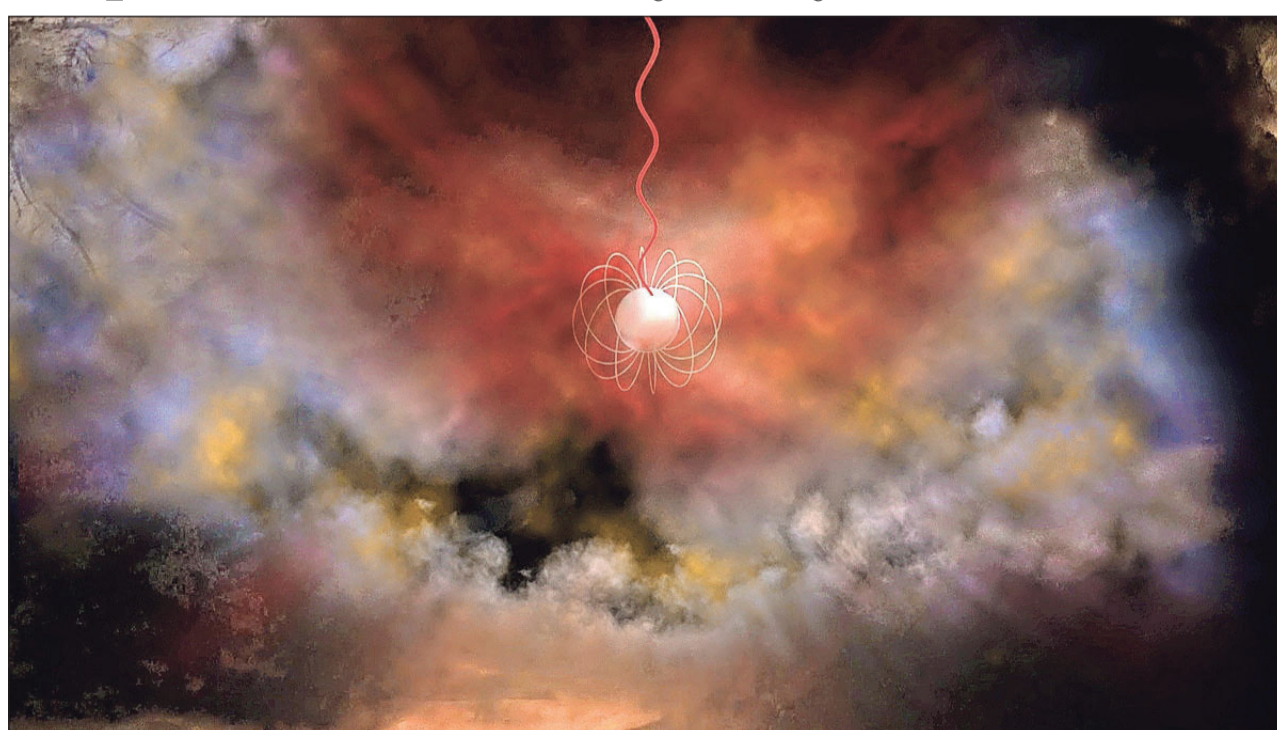
BY WILL DUNHAM  
Reuters

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 radio-frequency 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 ultra-strong 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 single-dish radio telescope, which possesses a signal-receiving 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 FRB is a repeating one that also features a persistent but weaker radio emission between bursts. In other words, it always remains “on.”

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 newly described FRB may 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 gamma-ray bursts - as originating from the death of massive stars, merging neutron stars and magnetars.

“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.”

## TikTok moves US user data to Oracle servers Move that could address data integrity concerns

**REUTERS**  
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 SAYS**  
Dave Ramsey

**Dear 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 sailed.

Here's some arm-around-your-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](http://daveramsey.com).



Reuter file photo

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

**P**ivate 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 said.

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 post.

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

**Zumbrota**  
The 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 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.

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@post-bulletin.com](mailto:jkiger@post-bulletin.com) or via Twitter to @whereskiger. You can call him at 507-285-7798.

# 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 caveats.  
 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 non-profit 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 Sahn 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 longer-term 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 three-month 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  
 McDonald's has accepted a North Dakota State University potato variety for use in its french fries.  
 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

fries.  
 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 said.  
 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.

8

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# Opinion

## High gas prices haven't put a dent in traffic



**FROMA HARROP**



**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.**

It'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 pre-pandemic levels.

And Florida is surely not alone. Las Vegas tourism is reportedly back to near pre-pandemic 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 two-thirds 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-

pandemic travel, are just willing to dig deeper into their funds to keep the tank filled. It could 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.

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.

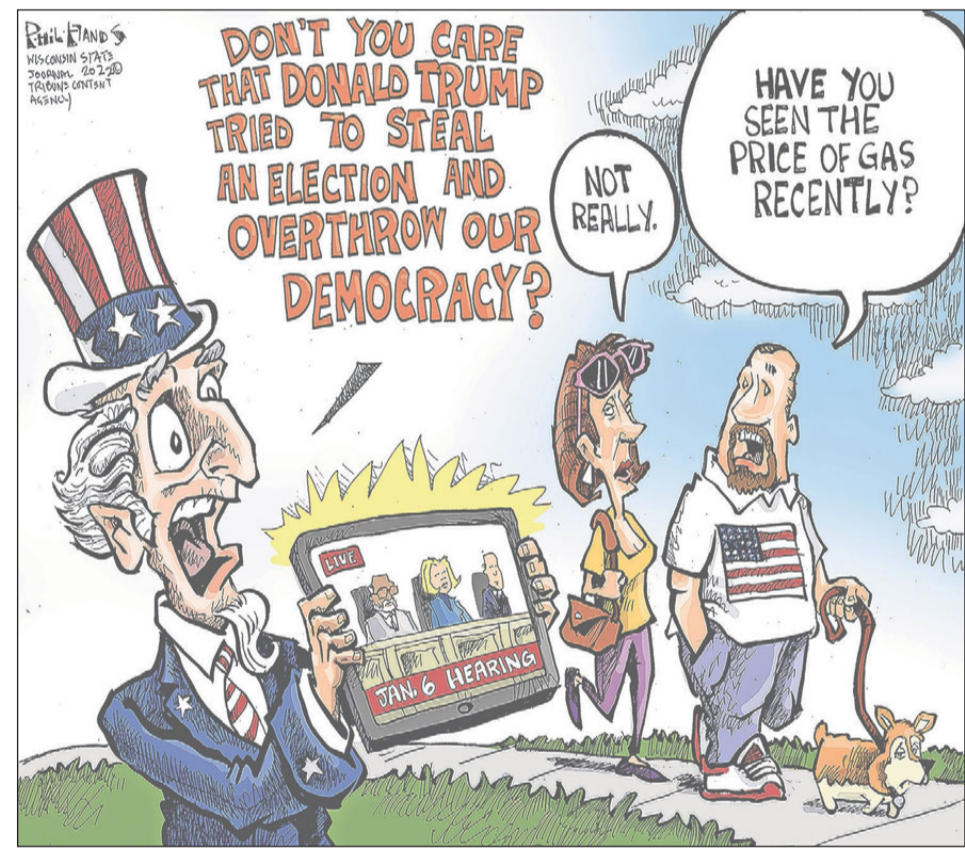
We should not underestimate the power of more fuel-efficient vehicles to relieve "pain at the pump." Mileage has been improving for decades, with electric vehicles an absolute game changer. Ford's current high-class problem is keeping up with calls for its electric vehicles, particularly the Mustang 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 Creators.com



### 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 farmers!

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 energy access.

**Fredric Kleinberg**, Rochester

## Why can't Johnny write? (Because of texting?)

**BY JERALD MCNAIR**  
Chicago Tribune

What 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

Babies 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 age. 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



JEFF 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, too. If you're a reader at our website, PostBulletin.com, you may have noticed our efforts to tell stories with more than just 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](http://www.PostBulletin.com/podcasts).

We have at least one other new podcast in development. Watch for it. 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](http://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](mailto:jpieters@postbulletin.com).

# There's plenty of room for fun in your seemingly perfect world

The 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 brand-name software Photoshop has become a verb, as in "We'll just photoshop that later." When actors don't deliver their lines perfectly, movie-makers 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](mailto: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

When 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

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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 now.

Fish are thinking, feeling beings. Fish—like apes and orcas—can recognize themselves in a mirror, a classic indicator of self-awareness. 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

head. 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 vertebrates—just 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 Agency, LLC.