



Detroit Lakes artist Hans Gilsdorf took this selfie with the new mural he created for the commons area at Detroit Lakes High School after completing the installation on Nov. 29. The mural, titled "The Laker Ripple Effect," was inspired by a quote from renowned children's rights advocate Marion Wright Edelman.
Submitted photos

the **Tribune** Detroit Lakes

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THE "LAKER RIPPLE EFFECT"

New inspirational mural by artist Hans Gilsdorf installed at DLHS

By Vicki Gerdes
Detroit Lakes Tribune

Though "The Laker Ripple Effect," the new inspirational mural now gracing the commons at Detroit Lakes High School, is signed by local artist Hans Gilsdorf, the project was actually a collaborative effort by local businesses, school board members and artists.

"Many people worked on it," Gilsdorf said in a recent interview. While he painted the original artwork used for the mural, there is no paint to be found anywhere on the twelve, 8x4-foot panels

comprising the public art piece. "They are acoustic panels," Gilsdorf explained, adding that the application of paint to the fabric would have impaired the sound-absorbing function of the panels.

So instead, Gilsdorf painted a significantly scaled down version of the mural, which was then photographed in high definition by local photographer Jack Davis.

The digital image was then blown up to 8x48-foot size and printed onto the fabric of the acoustic panels, using an Avery direct-to-surface printer supplied by The Trophy House of

Detroit Lakes.

"It was challenging," said Trophy House co-owner Eric Tullius, who worked closely with Gilsdorf and Jim Wood, president of DOW Acoustics, Inc. (also based in Detroit Lakes), on the panel installation. "We spent hours fine tuning the colors and the overall look of the panels."

There were "multiple" test prints done, Tullius said; Gilsdorf noted that they had to experiment with several different types of acoustic panels before they found the right one.

MURAL: Page A8



This giant 8x48-foot mural was installed in the Detroit Lakes High School commons in late November. The mural was conceived by artist Hans Gilsdorf, who painted a scale model of the project before it was printed using equipment provided by The Trophy House of Detroit Lakes. The mural serves a dual purpose: It was printed on acoustic panels supplied by DOW Acoustics, Inc., and is thus used to absorb sound in the large, open space of the commons.



Submitted photo

Tribal small business leaders work together to assess renewable energy projects for the White Earth Nation. Back row from left are: Mary Gagnon, Ray St. Clair, Jodan Rousu and Dennis St. Clair. Front row from left are: Char Ellis, Doug Lee and Teresa St. Clair.

White Earth could be center of big renewable energy project

By Nathan Bowe
Detroit Lakes Tribune

If approved by a tribal referendum in April, White Earth could find itself on the cutting edge of a large renewable energy project.

A half-dozen or so tribal small businesses, backed by the White

ENERGY: Page A8

Detroit Lakes Jaycees prepare for Dec. 18 Candy Cane Hunt distribution

By Vicki Gerdes
Detroit Lakes Tribune

Egg hunts are a tradition for many local families at Easter time — and the Detroit Lakes Jaycees are hoping their second annual Candy Cane Hunt becomes

just as inextricably linked with Christmas in the lakes area.

The Jaycees started the event last year, when COVID-19 either canceled or scaled back most of the holiday giving events they had

planned, explained event organizer Mandie Tretbar.

"We still wanted to do something for the community that supports us," she said — so they came up with the idea of hosting a candy cane hunt.

"We had over 30 houses — I think for our first year that was pretty good," Tretbar added. So a second annual event was added to the Jaycees' calendar for December.

JAYCEES: Page A9

A chili day at Detroit Mountain

Detroit Lakes Area Nordic Ski Club preps for a winter of the outdoors with chili kickoff

By Michael Achterling
Detroit Lakes Tribune

With members new and old eating bowls of chili and delicious desserts, the Detroit Lakes Nordic Ski Club kicked off its winter season with an informational meeting at Detroit Mountain on Saturday.

Dozens gathered Dec. 4 to hear about the club's upcoming events and volunteer opportunities associated with maintain-

ing the more than 40 miles of Nordic ski trails in the Becker County area. Lin Peterson, president of the Nordic ski club, said they've grown to more than 130 members in only two years, which is the making of a strong cross-country skiing community in the area.

"It's a great outdoor recreation thing that you can do in the winter time," said Peterson. "You can just take your skis, throw them in the car, go for a great work out, be in woods, don't see anybody, it's quiet, it's peaceful and you're just outside."

SKI CLUB: Page A8



Michael Achterling / Tribune

Pam Jones, right, member of the Detroit Lakes Area Nordic Ski Club, dishes a bowl of chili at Detroit Mountain in Detroit Lakes on Saturday during the season kickoff meeting and chili-feed for the ski club. The group has more than 130 members and grooms, and maintains, more than 40 miles of cross-country ski trails across Becker County.

INSIDE

New DL business

'Reflections of Vintage & New' consignment shop opens - Page A7



Bucket brigade

Laker boys basketball starts season with convincing win - Page B1



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Nathan Bowe / Detroit Lakes Tribune

The outside of the Becker County Food Pantry, which has seen strong demand growth in recent years.

Local National Guard unit to hold donation drive for Food Pantry this Saturday

By Vicki Gerdes
Detroit Lakes Tribune

When the Detroit Lakes unit of the Minnesota National Guard learned that the Canadian Pacific Holiday Train would not be making its annual stop in the community for a second straight year, the guardsmen decided to spread a little

DRIVE: Page A9

POLICE NEWS

The following reports were compiled from the Becker County Sheriff's Office and Detroit Lakes Police Department from an official with knowledge of the cases, unless otherwise noted.

Thursday, Dec. 2

5:56 a.m., near County Road 9, Lake Park, a vehicle struck a deer. No injuries.
4:21 p.m., 25000 block County Road 21, Detroit Lakes, a 17-year-old male was listed as a runaway.
11:22 p.m., at the Cenex gas station at 911 Highway 34, Detroit Lakes, a disagreement between two motorists was reported.

Friday, Dec. 3

6:00 a.m., near County Road 109 and County Road 21, Oge-ma, vehicle reported off the roadway. No injuries.
8:25 a.m., near Roosevelt Avenue and Main Street, Detroit Lakes, single vehicle crash. No injuries.
8:36 a.m., 1300 block Lori Avenue, Detroit Lakes, a domestic incident was reported by a third party. The involved parties denied the incident.
4:59 p.m., 400 block east Central Avenue, Detroit Lakes, a past action report of inappropriate sexual conduct. The case is un-

der investigation.
5:50 p.m., near mile marker 44 on Highway 10, Detroit Lakes, a vehicle struck a deer. No injuries.
9:23 a.m., 23000 block County Road 26, Callaway, vehicle reported off the road. No injuries.

Saturday, Dec. 4

5:38 a.m., 24000 block 230th Street, Detroit Lakes, single-vehicle rollover. No injuries.
1:42 p.m., near Holmes Street and Washington Avenue, Detroit Lakes, two-vehicle crash. No injuries.
2:37 p.m., 200 block East Central Street, Detroit Lakes, Publisher's Clearinghouse scam.

5:03 p.m., near mile marker 261 on Highway 59, Becker County, a vehicle struck a deer. No injuries.
7:05 p.m., 200 block Stone Creek Drive, Detroit Lakes, mail was reported stolen.
7:39 p.m., near Duffney Road and County Road 26, Rochert, a vehicle struck a deer. No injuries. The driver kept the deer.

Sunday, Dec. 5

2:08 a.m., 1100 block Highway 10, Detroit Lakes, a traffic stop resulted in the driver's arrest for possible DWI.
5:18 a.m., 13000 block Cedar Avenue, Frazee, a machine shop

was reported on fire. All shop personnel evacuated safely. The fire was contained after about 2 hours.
1 p.m., near Washington Avenue and Highway 10, Detroit Lakes, two-vehicle crash. No injuries.
2:21 p.m., near mile marker 59 on Highway 34, Becker County, vehicle reported off the road. No injuries.
2:27 p.m., 200 block Stone Creek Drive, Detroit Lakes, multiple packages stolen. Caller believes the theft may have occurred on Monday.
3:24 p.m., near Hubble Pond Road, Rochert, two-vehicle

crash. No injuries. Both vehicles may require a tow.
6:22 p.m., 300 block 11th Avenue, Detroit Lakes, a 31-year-old man was arrested for disorderly behavior.
9:40 p.m., near County Road 21 and 374th Street, Waubun, vehicle reported off the road and abandoned.
11:54 p.m., near County Road 19 and East Munson Drive, Detroit Lakes, a transformer exploded. Detroit Lakes firefighters responded to the scene. They left the scene after about an hour.
Send your tips to: newsroom@dlnewspapers.com

ACCIDENTS

Clitherall man dies in Otter Tail County crash Friday

A fatal accident occurred in Otter Tail County on Friday night, Dec. 3. The crash, which was reported to the Minnesota State Patrol at 5:47 p.m., claimed the life of Earl David Philippi, 75, of Clitherall, Minn.
A 2004 Ford Freestar van, driven by Philippi, was traveling northbound on County Road 35, then turned on to Highway 210 and was traveling eastbound in the westbound lanes of the highway when it collided with a 2005 Chevrolet Suburban driven by Jonathan David Quernemoen, 34, of Fergus Falls.
The Suburban was traveling westbound on Highway 210 when a vehicle in front of it swerved onto the right shoulder, which led to the collision with Philippi's van.

Both Quernemoen and his passenger, 35-year-old Kristin Louise Quernemoen, also of Fergus Falls, received non-life-threatening injuries. According to the report, neither was taken to a hospital for treatment following the crash. The Underwood Fire Department, Ringdahl Ambulance and Otter Tail County Sheriff's Office assisted the State Patrol at the scene.

One hurt when minivan leaves road in Mahanomen County

A Bemidji man was injured in a one-vehicle accident on Highway 200 in Mahanomen County Wednesday.
John Edward Rose, 63, suffered non-life-threatening injuries and was taken to the Mahanomen Health Center, according to the State Patrol.
He was eastbound in a 2010 Chrysler Town & Country when the minivan left the roadway and drove into the brush just east of 230th Avenue in Rosedale Township.
The crash was reported just before 2 p.m. on dry pavement. He was wearing a seatbelt. Airbags did not deploy, and alcohol was a factor in the crash, according to the State Patrol.

Woman injured in one-vehicle crash in Otter Tail County

An Arizona woman was injured in a one-vehicle accident on Otter Tail

Road 29 in the Wadena area Tuesday.

Harriet Stephanie Waldrom, 54, of Chandler, Arizona suffered non-life-threatening injuries and was taken to Tri-County Health Care in Wadena, according to the State Patrol.

She was eastbound in a 1999 Mercedes-Benz E-Class sedan, east of Otter Tail County Road 75, when the car left the roadway and came to rest in a field.

The crash was reported at 7:22 a.m. on snowy-icy pavement. Airbags deployed and she was wearing a seatbelt, according to the State Patrol.

Wadena County deputies, Wadena firefighters and a Tri-County Ambulance crew assisted at the scene.

One hurt in Hwy 34 crash in Becker County

A woman was injured Monday when her car hit an icy patch and slid into the ditch on Highway 34 in Carsonville Township

in Becker County. Diane Catherine Rauma, 61, of Pine River suffered non-life-threatening injuries and was taken to Essentia Health St. Mary's in Detroit Lakes.

According to the State

Patrol, she was eastbound on Highway 34 near Hanna Ore Road when the Cadillac Escalade SUV she was driving hit a patch of black ice, went into the ditch and ended up on its side.

Airbags did not deploy and she was wearing a

seatbelt. The crash was reported at 10:45 a.m. on snowy-icy pavement. The Becker County Sheriff's Office, North Memorial Ambulance, and Carsonville Fire Department assisted at the scene.

News Staff

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COURT NEWS

Detroit Lakes man sentenced for assaulting police officer

David Ray Newton, 37, of Detroit Lakes, has been sentenced in Becker County District Court for felony fourth-degree assault on a police officer.

According to court records, on Aug. 8 at approximately 9:49 a.m. officers were called to a Detroit Lakes residence, where a family member wanted Newton removed because he seemed to be high on something.

Newton refused EMS assistance and finally left on his bicycle.

Less than an hour later, officers were dispatched to the Holiday convenience store in Detroit Lakes, where Newton had been throwing things at another man.

The man said he didn't know Newton, who came towards him and was confrontational about something that was allegedly said. The man said he didn't know what Newton was talking

about, and said Newton tried to start a fight and followed him into the gas station where Newton threw things.

Newton ended up assaulting the officer who tried to arrest him, throwing one kick and at least two punches at him, striking him on his mouth and giving him a bloody lip. It took two more officers to get Newton under control and transported to jail.

On Nov. 19, District Judge Gretchen Thilmoney sentenced Newton to a year and a day in prison at St. Cloud, stayed three years. He was ordered to serve nine days in jail, with credit for nine days served, and was fined \$300 plus \$450 in court fees. Restitution was reserved.

He was ordered to get a chemical dependency evaluation and follow the recommendations, including aftercare, and was placed on supervised probation for three years.

A gross misdemeanor charge of obstructing the legal process and a misdemeanor charge of

disorderly conduct were dropped in a plea agreement.

Rural DL man sentenced for over 10 grams of meth

Gaillin Gene Bergstrom, 59, of rural Detroit Lakes, has been sentenced in Becker County District Court for felony third-degree controlled substance crime.

According to court records, on Sept. 26, 2020, a Becker County sheriff's deputy saw a pickup truck with a trailer, driven by Bergstrom, cross into oncoming traffic on Highway 34 in Becker County.

Bergstrom was pulled over and his driver's license was cancelled as inimical to public safety. He was arrested and taken to jail. During a search of the truck, officers found 11 micro-baggies of methamphetamine, with a total weight (with packaging) of 7.23 grams. Another baggie found weighed 2.8 grams.

On Nov. 19, District Judge Gretchen Thilmoney sentenced Bergstrom

to 33 months in prison at St. Cloud, stayed five years. He was ordered to serve four days in jail, with credit for four days served, and was fined \$1,000 plus \$1,150 in court fees.

He was ordered to get a chemical dependency evaluation and follow the recommendations, including aftercare, and must successfully complete the requirements of Clay-Becker County Drug Court.

A felony fifth-degree drug charge and the gross misdemeanor driving charge were dropped in a plea agreement.

He was placed on supervised probation for five years.

Mahnomen man sentenced for violating protection order

Brandon Lee Sargent, 23, of Mahnomen, has been sentenced in Becker County District Court for felony violating a domestic abuse no-contact order.

According to court records, on June 23 the

car he was riding in was stopped in Detroit Lakes by a deputy for expired license plate tabs. The driver was a woman who had an order for protection against Sargent.

On Nov. 19, District Judge Gretchen Thilmoney sentenced Sargent to 21 months in prison at St. Cloud, stayed five years. He was ordered to serve 35 days in jail, with credit for 35 days served, and was fined \$1,000 plus \$1,150 in court fees.

He was ordered to have no contact with the victim and get domestic abuse counseling/treatment. He must also get a chemical dependency evaluation and follow the recommendations, including aftercare.

He was placed on supervised probation for five years.

Detroit Lakes woman sentenced for meth

Lisa Jo Fairbanks, 34, of Detroit Lakes, has been sentenced in Becker County District Court for felony fifth-degree controlled substance crime.

According to court

records, on June 12 at 2:35 a.m. the vehicle she was riding in was pulled over by a White Earth tribal police officer on Crane Road, because it had a blue light emitting on the front grill.

When the driver got out to shut the blue light off, the officer saw an uncapped hypodermic needle in plain view. When asked about prior use, the driver said he had used heroin about an hour ago. A search ensued, and 3.5 grams of meth was found inside Fairbanks' purse. She was arrested and transported to the Becker County Jail.

On Nov. 19, District Judge Gretchen Thilmoney issued a stay of adjudication and continued the case.

She was ordered to serve 10 days in jail, with credit for 10 days served, and was fined \$1,000 plus \$1,075 in court fees. She was ordered to get a chemical dependency evaluation and follow the recommendations, including aftercare, and was placed on supervised probation for five years.

News Staff

Don't use high beams, fix your cloudy headlights

Question: I have a question about headlights, it seems that drivers are using their high-beams to compensate for their cloudy headlights. Is this an equipment problem?

Answer: Using high



SGT. JESSE GRABOW
Ask a Trooper

beams to compensate for cloudy headlights is

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Facing critical shortage, Minn. to cover tuition for certified nursing assistants

By Dana Ferguson

The Detroit Lakes Tribune

ST. PAUL — Walz administration officials on Monday, Dec. 6, announced they would use \$3.5 million in federal COVID-19 relief funds to pay tuition and fees for Minnesota students working to become certified nursing assistants.

State health and education officials set a goal to bring 1,000 new certified nursing assistants into the workforce before Jan. 31 to help quell a caregiver shortage impacting the state's long-term care facilities. More than 70% of nursing homes report that they can't admit new residents due to insufficient staffing.

That shortage has also caused a bottleneck in Minnesota hospitals since they can't discharge patients to the facilities. In an effort to ease the strain on hospitals and care facil-

ities, federal medics have deployed to Minnesota, the state has opened alternative care sites and 400 National Guard members trained to relieve caregivers in nursing homes.

Gov. Tim Walz in a news release Monday said the state would cover the cost of tuition, fees, study materials and other expenses of those training to become certified nursing assistants. And 10 high schools will receive funding to train students to become nursing assistants.

"Our long-term care facilities are relying on a new generation of certified nursing assistants to provide quality care to their patients," Walz said. "By working with communities, colleges, and care providers around Minnesota, we will recruit and train these new CNAs and ensure we have the staff we need in long-

term care."

And state leaders put out a call for Minnesotans interested in obtaining the nursing certifications to apply.

"Our college campuses stand at the ready to offer training, but now we need Minnesotans to answer the call," Minnesota Office of Higher Education Commissioner Dennis Olson said. "If you are about to graduate high school, a current college student, or someone looking for a career change, I hope you will consider pursuing a career as a certified nursing assistant. Together, we can improve the health and wellness of our great

state."

Long-term care organization leaders on Monday said the recruitment effort would help build up a qualified nursing workforce in Minnesota's senior housing communities. And that could ensure quality care for residents.

"Nursing assistants are the foundation of any senior care environment, and it is imperative, for both public health and community well-being, that we are training an adequate number of individuals to serve our seniors in places they call home," said Patti Cullen, president and

CEO of Care Providers of Minnesota. "This is an essential starting point, and we hope to continue to work together to increase starting wages and benefits to entice more Minnesotans into this valued profession."

State health officials on Monday also announced that they would open a fourth alternative care location in Hastings to free up hospital bed space in the Twin Cities. Benedictine Living Community—Regina in Hastings is set to become a care site for up to 17 patients com-

ing out of emergency or intensive care settings.

And the first three teams of National Guard members trained as certified nursing assistants were sent out to North Ridge Health and Rehab in New Hope, Mille Lacs Health System Long Term Care in Onamia and PioneerCare in Fergus Falls to relieve caregiving staff there. They are set to begin work on Tuesday, Dec. 7.

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

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Climate change: How did we get into this mess?

By Sally Hausken
Tackling climate change has finally hit media front pages, especially for young people, many of whom can see that if we keep polluting in so many ways, they and their progeny will not have a planet to live on.

As we learn about the Earth's cries, we listen carefully for facts. Think about it:

► Team Covid versus Team Humanity.

► Team Earth versus Team Mankind.

If man loses in either "game" we are destined to reach extinction.

As a master gardener in Becker County specializing in native plants and their proliferation, I find myself with much sadness about how man has and is affecting our globe. My first of two objectives is to define environmental terms used about climate change and how science uses them to explain outcomes. Our busy lives temper how much focus goes into concern for Earth.

Throughout, my other objective is listing many ways *individual families* and individuals themselves can decrease our carbon footprint.

The power of Greater Sucker Creek's climate sign will be discussed in the second article. Aided by the Minnesota Legislature's DNR grants, Greater Sucker Creek is habitat-friendly to the planet, and offers many, many gifts to its human neighbors. You'll feel like you've read the sign once you read Article 2!

Articles 3, 4, and 5 teach us climate change general categories:

1. Biodiversity. This



Vicki Gerdes / Tribune

Greater Sucker Creek founder Sally Hausken, at left, was on hand for the installation and dedication of a new sign, titled "A Treasure Trove of Gifts to All from Greater Sucker Creek," at the local nature preserve by longtime local resident Kay N. Larson and her children last May.

"To cherish what remains of the earth and to foster its renewal is our only legitimate hope of survival."

WENDELL BERRY

means *everything* living. You'll be surprised how important that is to saving the earth!

2. Water. Did you know it is *finite*? Just like land, they aren't making more.

3. Carbon footprint. So much of Earth is carbon and man is forever increasing greenhouse gases in the atmosphere. Rich people have a larger carbon footprint.

Let's start with a very succinct history of how man got himself into this mess.

James Watt, in Glasgow, Scotland, invented the first steam engine in the middle 1800s. Voila! Smokestacks introduced the industrial revolution which made man more mechanized — more efficient. In just two centuries, mechanization

"and human populations increased more than in thousands of preceding years!

Meanwhile, governments stayed afield.

After World War II, creation of plastics and fertilizers and mining unfortunately disrupted natural ecosystems and threatened public health and nature. Untreated wastes were dumped into water globally.

Not until 1962 did the U. S. government awaken. Written by Rachel Carson, former government aquatic biologist, the book "Silent Spring" showed how damage from chemical pesticides, for example DDT, weakened the eggshells of bald eagles.

Instantly the modern environmental movement

was born, with the government a major player.

Discovering an ozone hole in the Arctic and ultimately researching and combating it successfully gave hope that we could deal with these other daunting climate obstacles.

The objectives for all of this are threefold:

► Continue to appreciate Greater Sucker Creek for its gift to man and planet.

► Introduce all of us to the frailties of our stewardship. Resolve to learn, listen and act kindly.

► Within the family, have a meeting and brainstorm for family activities to keep our planet and our community free of pollutants. But through it all, buy yourself a sense of humor!

(Sally Hausken of Detroit Lakes was instrumental in the creation of Greater Sucker Creek, a city preserve near Big Detroit Lake. PBS is among the sources used for this column, the first in a series of five sponsored by the Becker County Master Gardeners.)

LETTERS

Green must apologize for calling DFLers communists who hate America

On Oct. 26, in a town hall meeting in Fra-zee, Rep. Steve Green (with Sen. Paul Utke right next to him) said that Gov. Tim Walz and Minnesota House Democrats were communists who hated this country. This is a lie. As a Democrat and a veteran, I want an apology. There is no place for this hate in our politics. Steve Green, apologize. Say you are sorry. — David Sobieski, Perham



OTHER VIEW

Maintain 'status quo' with high school sports officiating

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

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

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

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

Backer's family took the case to court, hoping a judge would allow him to play. The

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

On Nov. 26, hours before kickoff, U.S. District Judge Ann D. Montgomery ruled the suspension should stand.

"S.B.'s ejection and one-game suspension still allows him to remain on the football team, engage in school activities, and participate in all interscholastic athletics except the next scheduled game in the tournament series," Montgomery determined. "Even if S.B. could show a constitutionally

protected property interest, he was afforded adequate process based on the demands of the situation."

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

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

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

Yes, they will make an occasional mistake because they are — even though they receive pay for their work — amateurs. It's no coincidence that they are officiating games in which the athletes are amateurs, too.

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

We do feel for Backer, an athlete who by appearances was caught up in an emotional moment on the field as a defending player appeared to hold onto his leg after a tackle. Rules, however, are rules.

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

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

This other view is the opinion of the editorial board of our sister publication, the Grand Forks Herald.

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LETTERS POLICY

All letters are verified for authenticity, so please include a name, address and phone number. Only the author's name and city of residence will be printed, however. Letters may be edited for spelling and punctuation errors, libel, length and other factors. Letters are printed on a space available basis. The editor reserves the right to reject letters. To submit a letter, email jbeach@forumcomm.com or mail it to Detroit Lakes Tribune, 511 Washington Ave., Detroit Lakes, MN 56501.

the Detroit Lakes Tribune

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New consignment shop opens in mini mall near DL Walmart

By Michael Achterling
Detroit Lakes Tribune

For the last two months, new small business owner Jessica Suedel, and her army of family and friends, have been transforming a former buffet restaurant into a consignment shop.

And finally, their hard work has paid off.

Reflections of Vintage and New, a new consignment store in Detroit Lakes, opened its doors to the public for the first time on Dec. 1 at their location off Highway 10, near Walmart.

"It's a long, long dream, yeah, I've been wanting to do this forever," said Suedel. "I'm a true thrifter myself."

To her, she said, picking gives a kind of rush when you make a find at a good price and save money, and it's something she hopes her customers experience when they come to her store.

The new store is in the former location of Hunan Spring Buffet, at 1657 Highway 10 West, and took a lot of hard work to transform the buffet into a second-hand retail store, she said.

"We were able to get rid of a lot of the appliances in the kitchen, which was nice," said Suedel. "It was a lot of work ... it was bad back there."

Suedel's niece, Lyla Hansen, a store employee, said cleaning the dust and grease left from the restaurant was difficult work, but was happy about the store's transformation.

"It was disgusting, and lots of cleaning, and lots of spraying, and then we had a cooler and a freezer which had to be taken out still," said Hansen. "Suedel's husband, Jon, said they used about 12 gallons of industrial strength degreaser during cleaning process and they also had to deal with the gigantic stir fry grill that had been left behind."

"God it was horrible," said Jon Suedel. "It was huge. Four of us couldn't move it."

He said it was plate steel on top and they needed to cut it in half in order to get it out of the store.

During the retail transformation, he also made sure their retail aisles were wide because he wants people to use carts if they want. How-



Sylvia Piche, of Audubon, browses different apparel options at Detroit Lakes' new consignment store, Reflections of Vintage and New, during their opening week on Dec. 3, 2021.

Photos by Michael Achterling / Detroit Lakes Tribune



Jessica Suedel, right, owner of the new Detroit Lakes consignment store Reflections of Vintage and New, and her niece, Lyla Hansen, left, smile for a group photo during their opening week on Dec. 3, 2021.

ever, one of the other things he emphasized was how proud he was of his wife in realizing her dream.

"She used to sell stuff online all the time, and garage sale, but with the summer it was so hot," he said. "I told her, I said, 'I'll retire and deer hunt and fish,' and she said, 'no, I've still gotta work.'"

The store is currently working on creating business pages on the various social media

platforms and local pickers should follow them once they are created in the coming weeks to see all the new items that come into the store on a daily basis, Jessica Suedel said.

"It's been a long process, but well worth it," she said.

Reflections of Vintage

and New is open from Monday through Saturday from 10 a.m. to 7 p.m., and on Sunday from 9 a.m. to 3 p.m. Call 218-844-4544 if you would like to make an appointment to bring in items you want to be sold in the shop.

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



Reflections of Vintage and New, a new Detroit Lakes consignment shop, sits ready to welcome new pickers to the area on Dec. 3, 2021.



Items await their pickers at a new Detroit Lakes consignment shop, Reflections of Vintage and New, during their opening weekend on Dec. 3, 2021.

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OBITUARIES

DEATHS

Doris Pikkaraine

Nov. 7, 1935 -
Dec. 3, 2021
WADENA, Minn. -
Doris Pikkaraine, 86,
Wadena, Minn., died
Friday, Dec. 3, in Fair
Oaks Lodge.
Services were
previously held.
Arrangements by
Karvonen Funeral Home
in New York Mills, Minn.

Shane Herk

Feb. 24, 1981 -
Nov. 27, 2021
DENT, Minn. - Shane
Herk, 40, Dent, Minn.,
died Saturday, Nov. 27,
in his home.
Services were
previously held.
Arrangements by Olson
Funeral Home and
Cremation Service.

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which you'd like to publish
your listing, choosing as many
(or as few) as you'd like.



Choose the Listing Dates

With the publications selected,
choose the dates you'd like
your listing to be published,
setting your time frames for
each individual publication.



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Choose the layout that best fits
your needs and begin uploading
your images and text.



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publication online and
in our Wednesday and
Sunday print editions,
space permitting.

Submissions must be
made at least a week
in advance of the event
date, in writing, to either
dltribune@dlnewspapers.
com or vgerdes@
dlnewspapers.com.

Each submission must
include the following: Date,
time and location of event,
whether it is recurring or
a one-time happening,
and where to go for more
information (phone, email
and/or website). Also
include whether the event
is free or paid admission,
and how much it costs
when applicable.

Wednesday, December 8

**Advent Mini-Concert at
First Lutheran:** Detroit
Lakes' First Lutheran
Church will be offering
an Advent Mini-Concert
featuring First Lutheran
Church's bell choir, the
Alleluia Ringers, starting
at 12:05 p.m. This half-hour
concert is free and open to
the public, and can also be
streamed online at www.firstlutheranchurch.com.

Thursday, December 9

Defensive Driving Class:
A 4-hour, in-person
Defensive Driving Course
will be held from 5 to 9
p.m. at the ITOW (In Their
Own Words) Veterans
Museum, 805 W. Main,
Perham. Cost is \$20. To
register please call Denise
Lillis at 218-346-3336.

**Movie Musicals at the
Library:** The Detroit
Lakes Public Library
will be offering film
screenings of popular
musicals through the
decades, every Thursday
in December and January
at 2 p.m. This week's
selection is "Holiday Inn,"
which was released in
1942 and features Bing
Crosby and Fred Astaire.
A country roadhouse in
Connecticut is turned into
a nightclub 15 times a year
in this stylish and snappy
musical, which won an
Oscar for Best Song.
Rated G, with a run time
of 1 hour and 41 minutes.
Open to the public.

Vaccine Opportunity:
Becker County Public
Health will be holding a
COVID-19 vaccination
clinic (initial and booster
shots) at Becker County
Human Services, 712
Minnesota Ave, Detroit
Lakes, from 10 a.m. to
2 p.m. Sign up online at
prepmo.health.state.mn.us
or call 218-847-
5628, ext. 5414 for more
information.

Friday, December 10

Christmas at the Library:
The Detroit Lakes
Public Library will host a
Christmas Open House
from 2 to 5 p.m. Join staff

and fellow library lovers for
a celebration of the season
featuring holiday music,
refreshments and delightful
conversation. This event is
offered free of charge and
is open to all.

**A Christmas Celebration
with The Steeles:** Detroit
Lakes' Historic Holmes
Theatre will present a
holiday concert by The
Steeles at 7:30 p.m. For
more information, or to
purchase tickets, go online
to dlccc.org/holmes-theatre.html
or call 218-
844-7469.

Saturday, December 11

**A Merry Frazee
Christmas:** The
community of Frazee is
welcoming all lakes area
residents to come in and
enjoy "A Merry Frazee
Christmas" from 8 a.m. to
midnight. Enjoy breakfast
with Santa at 8 a.m., a
holiday vendor show at 10
a.m., Reindeer Cupcake
Walk at noon, a living
Nativity presentation and
reading of the Christmas
story at 5:15 p.m., horse-
drawn trolley rides, a 6:15
p.m. Snowplow Parade,
karaoke and more.

Blood Drive: Catholic
Daughters Court 1615
of Detroit Lakes will
be hosting its second
annual blood drive for
Vitalant at Holy Rosary
Catholic Church, 1043
Lake Ave., from 9 a.m.
to 2:30 p.m. inside St.
John's Hall. Please use
the Washington Avenue
entrance. To schedule an
appointment to donate
blood, call 218-234-6897
or 701-306-7984 (call or
text). You can also call
toll-free at 877-25-VITAL,
schedule your appointment
online at vitalant.org
or send an email to
ahagedorn@vitalant.org.

**Operation Hunger
Resolve:** The Detroit
Lakes unit of the
Minnesota National Guard
is participating in the
nationwide "Operation
Hunger Resolve." Starting
at 1 p.m., the guard
members will be leaving
Veterans Memorial
Park, located at the
intersection of Highway
10 and Washington
Avenue in Detroit Lakes,
and proceeding south
down Washington Ave
to West Lake Drive, over
to Rossman Ave and up
to the Food Pantry. The
unit is asking people to
meet them at Veterans
Park or anywhere along
the 1.5-mile route and
fill their "rucksacks" with
nonperishable food items
for the Becker County
Food Pantry. The guard
members will tote them
over to the Food Pantry
for distribution for families
in need. Come on out and
support your local National
Guard and the Food
Pantry.

Holiday Market: Come
to the Washington
Square Mall between 10
a.m.-3 p.m. and enjoy

HAPPENINGS

a wide range of holiday
vendors along with a free
Christmas movie and
crafts for the kids.

Photos With Santa: Have
your photo taken with
Santa between 12-3 p.m.
at the Washington Square
Mall in Detroit Lakes. Bring
your own camera and take
a free photo.

Sunday, December 12

**Christmas Band
Concert:** The Lakes Area
Community Concert Band
will perform live at Detroit
Lakes' First Lutheran
Church at 4 p.m. Hosted
by the Historic Holmes
Theatre, this holiday
concert is free and open
to the public, though
donations are gratefully
accepted.

Monday, December 13

Ogema VFW Auxiliary:
Ogema VFW Post 9880
Auxiliary will meet at 4
p.m. in the VFW Hall. If
you would like information
on joining the auxiliary
please contact Carol Fabre
at 983-3443 or 401-1219.
We need and welcome
new members!

Tuesday, December 14

Teen Writers Group:
Teens interested in
pursuing writing are invited
to join this group from 4
to 5 p.m. at the Detroit
Lakes Public Library for
inspiration and support.
Grab a snack, do a writing
prompt, learn writing tips,
and hear feedback from
your peers. Visit larl.org
or call 218-847-2168 for more
information.

Wednesday, December 15

Blood Drive: Detroit
Lakes High School,
located at 1301 Roosevelt
Ave., will host a blood drive
from 8 a.m. to 2:30 p.m.
Anyone who is interested
in donating can schedule
an appointment online
at vitalant.org, or contact
Alyssa Hagedorn, either
by email at ahagedorn@vitalant.org
or by phone at
701-306-7984 (call or text).
You can also call toll-free
at 877-25-VITAL.

**Advent Mini-Concert at
First Lutheran:** Detroit
Lakes' First Lutheran
Church will be offering
an Advent Mini-Concert
featuring saxophonist Rich
Johnson, vocalist Emma
Duncan and pianist Karen
Bimberg, starting at 12:05
p.m. This half-hour concert
is free and open to the
public, and can also be
streamed online at www.firstlutheranchurch.com.

Thursday, December 16

**Movie Musicals at the
Library:** The Detroit Lakes
Public Library will be
offering film screenings of

popular musicals through
the decades, every
Thursday in December
and January at 2 p.m.
This week's selection
is "Singin' in the Rain,"
which was released in
1952 and features Gene
Kelly, Debbie Reynolds
and Donald O'Connor.
This movie follows three
performers during the
transition from silent films
to talking film; it is rated
G and has a run time of
1 hour and 43 minutes.
Open to the public.

Friday, December 17

**Mike Gilson at Detroit
Mountain:** The Detroit
Mountain Recreation
Area's Aces Wild Saloon
welcomes local musician
Mike Gilson for an evening
of live music, starting at
6:30 p.m. Open to the
public.

Roots & Boots Tour:
Mahnomens Shooting Star
Casino welcomes Aaron
Tippin, Collin Raye and
Sammy Kershaw for an 8
p.m. performance of their
"Roots & Boots" touring
show. Tickets start at \$27;
visit starcasino.com or call
800-453-STAR (7827) to
reserve your seats.

Saturday, December 18

Public Paint & Sip: Third
Crossing Bar and Grill in
Frazee is hosting a "Paint
& Sip" event from 2 to 4
p.m. Free drink included
with each \$25 ticket
purchase. Come paint
a "Holiday Gnome" on a
10x20-inch canvas and
enjoy a fun afternoon of
socializing and creativity.
All art supplies and aprons
provided. Reserve your
seat at www.artbar39.com
or send an email to
artbar39info@gmail.com.

**Wreaths Across
America:** Detroit Lakes
will participate in the
nationwide Wreaths
Across America event, with
ceremonies taking place
at Veterans Memorial
Park, 11 a.m.; Grand
Army of the Republic
(GAR) Park, 11:20 a.m.;
Lyle Crovisier Park (at
Detroit Lakes Boys & Girls
Club), 11:30 a.m.; Oak
Grove Cemetery, 11:45
a.m.; and Holy Rosary
Cemetery, 12:15 p.m.
For more information,
contact organizers Tom
and Pam Mortenson at
internetmort@yahoo.com.

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Rapids, from 7 a.m. to 7
p.m.

Photos With Santa: Have
your photo taken with
Santa between 12-3 p.m.
at the Washington Square
Mall in Detroit Lakes. Bring
your own camera and take
a free photo.

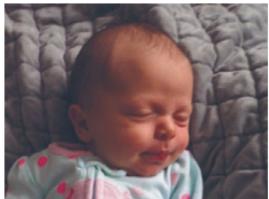
WEDDINGS



Wedding Announcement

Mark and Marlene
Nielsen, Lake Park, MN.,
would like to announce
the marriage of their
daughter, Heather, to Dan
Engelhart, on August 22.
Heather is a graduate of
Gustavus Adolphus
College, St. Peter, MN.
and City University of
New York (CUNY). Dan is
a graduate of University
of Wisconsin, Eau Claire
and Hamline University,
St. Paul, MN. They are
currently living and
working in Minneapolis,
MN.

NEW ARRIVALS



Callie Rose Marschall

Karena & Cole
Marschall, of Perham,
Minn., are happy to
announce the birth of
their daughter, Callie
Rose Marschall. Callie
was delivered by Dr.
Jaimie Deraney, OB/GYN
and Tonya Diggins,
Midwife, CNP at Perham
Health on November 24,
2021, at 2:19 p.m. She
weighed 8 pounds, 5
ounces and was 21
inches long. Callie is
welcomed home by
grandparents Becky &
Randy King; and Lisa &
Gary Marschall; and
great-grandparents Carroll
& Adolph Kukowski; and
Joyce & Donald Kendall.

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Dilworth pitches new fire station as part of bonding request to Walz

By Robin Huebner
The Forum

DILWORTH, Minn. — The city of Dilworth, backed by area lawmakers, is making a pitch to replace its 40-year-old fire station in the name of improved safety for the city's volunteer firefighters and better public service.

Minnesota Gov. Tim Walz visited the fire station on Thursday, Dec. 2, as part of his statewide tour to learn about projects he's considering including in his bonding proposal for the 2022 legislative session.

Walz said he told Dilworth Mayor Chad Olson and Fire Chief Mark Empting they can be certain the request will be part of the proposal.

"These are exactly the type of projects we look for. This community has made use of this facility. Its life expectancy is over," Walz told local leaders and community members who turned out. Olson said his small town provides fire protection for greater Clay County and has a mutual aid agreement with its sister city of Moorhead. For many years, the fire department has simply "made do" with what it has.

"We owe it to everyone to do better," Olson said.

The metal structure, built in 1982 at 709 First Ave. N.W., exposes the city's 30 volunteer firefighters to known carcinogens due to its layout and cramped quarters,



Michael Vosburg / Forum Photo Editor
Minnesota Gov. Tim Walz visits the fire station Thursday in Dilworth to talk about the bonding bill that could help finance its replacement.

said Empting, who also serves as the Clay County sheriff.

There is no locker space for firefighters' gear, which sits out in the open in the garage, or place for them to clean up after being out on a fire call. Having their personal clothing exposed to both soot from a fire and exhaust from the fire trucks could be harmful to them, he said.

The aging system used to fill oxygen cylinders that fire crews wear is also kept right next to the trucks. "It's worn out. If it leaked, exhaust could get into the oxygen tanks," Empting said.

The oxygen system should be in its own, separate room with positive pressure, he said, so that contaminants are kept out.

Sen. Kent Eken, DFL-Twin Valley, said the project is long overdue.

"We're not talking about wants here, we're talking about necessities, and public safety has

got to be the top priority when it comes to our bonding priorities," Eken said.

The fire station's small meeting room also houses exercise equipment and its kitchen. Cabinets from homes that were flooded in 1997 were salvaged and installed in the station by fire crews, Empting said.

Also taking up space, temporarily, are stacks of household goods and other items that firefighters will donate to families over the holidays.

Walz described the community as among the "thriciest" people around. "But there comes a point of diminishing returns if you start to let your assets deteriorate too much," the governor said.

Rep. Paul Marquart said the total estimated cost of the new fire station is \$6.5 million.

The bonding "ask" would be \$3.2 million of that amount, said the DFL representative, who

is also a resident of Dilworth.

Empting said the city has also received \$975,000 from the federal government for the project.

The current fire station would likely be torn down and a new one built in its place by 2024 or 2025, he said.

The future of the city's adjacent community center, on the south side of the building, is unknown at this time.

Empting said the city administrator and investors will discuss whether the center will be rebuilt elsewhere and remain city-owned or be run by a private entity.

Walz and Marquart said this is a good time to undertake such a building project because of historically low interest rates, and a sales tax exemption passed by Minnesota legislators last year on construction materials for public projects.

That exemption alone could mean a \$200,000 to \$300,000 cost savings alone, Marquart said.

Walz said he intends to have his bonding bill list released by mid-January 2022.

He called the bonding process the "most bipartisan" thing the state does.

"It takes super majorities in the House and Senate. If we can't get both sides of the aisle to agree, it doesn't happen," Walz said.

Readers can reach reporter Robin Huebner at rhuebner@forumcomm.com

Young artists encouraged to apply for LRAC summer mentorship program

Staff Report

High school students interested in pursuing the arts through a summer mentorship program are encouraged to apply for the Lake Region Arts Council's Arts Mentorship Program.

The program provides scholarships to a limited number of students, currently in grades 9-11, that attend public, private or home schools and live in a local nine-county region.

The program offers students the opportunity for study with a professional in their chosen field (music, visual arts, creative writing, media arts, architecture, theater, costume design, dance, etc.) during the summer months.

Each scholarship, valued at \$600, is awarded based on student commitment and potential for artistic development—no formal training is required. The arts council's carefully vetted mentors are experts in their chosen fields.

LRAC makes every effort to ensure Arts Mentorship Program scholarships are accessible to all eligible students in Becker, Clay, Douglas, Grant, Otter Tail, Pope, Stevens, Traverse and Wilkin counties.

For more information, visit lrac4.org/arts-mentorship-program or contact Rebecca Davis, program coordinator, at lrac4@lracgrants.org or 218-739-5780.



Google Maps

Map of the location of a residential machine shop fire in rural Frazee.

Machine shop in rural Frazee a total loss in Sunday morning fire

By Michael Achterling
Detroit Lakes Tribune

A residential machine shop was reported as a total loss after a Sunday morning fire spread through the shop.

On Sunday, Dec. 5 at 5:18 a.m., emergency dispatchers received a call about a structure fire at 13373 Cedar Ave. in rural Frazee. The call was phoned in from a neighbor that lived nearly a half mile away from the location, said Nathan Matejka, assistant fire chief for the city of Frazee.

"This call came in shortly before 5:30 a.m. and, I mean, it got me out of bed," said Matejka. "If you're a fireman, as soon as that pager goes off ... two seconds later your heart is doing 120 beats per minute. It gets you going."

He added the fire had already collapsed the roof before firefighters arrived on the scene, so their next concern was making sure none of the fuel tanks explode, which they quickly jumped into action to prevent.

Matejka also said a neighbor who stored a mini-excavator on the property saw the fire and assisted firefighters in clearing debris from the firefighter's path, which allowed them to enter the structure and wet everything down.

"He was instrumental in helping us take care of (the fire) in a much more timely fashion than what we would have done if we needed to clear (the debris) off by hand," he said.

Members of the Wolf Lake and Detroit Lakes Fire Department also assisted with the firefighting efforts, he said, by supplying manpower and water tanker trucks to the scene.

He added that units were on the way to the scene within five minutes of receiving the call and arrived around 10 to 15 minutes later to the address in rural Frazee.

The cause of the Sunday morning fire is still unknown and the case remains under investigation, said Matejka.

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

Choose joys of the season to fill your calendar

One of the joys of the season is upon us. No matter how rural, remote, urban or metropolitan you are, Christmas concerts in your area schools and churches are in their final

practices and preparations. Add in winter sports seasons starting plus other seasonal activities like parades, tree lightings and community concerts, and you can fill your December calendar quickly.

A year ago, my wall calendar was blank, without Christmas parties, concerts or a full winter schedule of games. Indoor activities have always pushed me through the short days and dark months of the long winter on the prairie. I thrive on something to look ahead to. However, I will admit I loved having a little less to do last winter when we stayed home more during the pandemic, looking ahead to COVID-19 vaccine options and the reopening of the world.

Our family has hit full steam ahead to finish 2021 and into the New Year. Our December wall calendar and my Google calendar, which keep us fairly planned and somewhat organized, have filled up quickly. In the first

week of December alone, I have the recording of the AgweekTV holiday show, a farm show for me to attend, two school music concerts, two basketball games, one 4-H Christmas party and our daughter's 14th birthday. The next week it's a younger daughter basketball tournament, church Christmas program, women's Christmas party, two more family birthdays, and basketball games. I haven't gotten to the third week of the month yet when we celebrate Christmas on the farm.

Filling in the once blank and now scheduled December calendar reminds me: These are the golden years. Those are the words of an older woman who used to join me and others for a Christian book study in our living room years ago. The woman, who was a grandmother and great-grandmother whose children were all grown, shared your golden years aren't your retirement years. Your golden years are your most hectic, child-raising, home-cooked meals for crowds of kids, hustling to the next concert or party years. The years where the laundry pile never disappears, when you visit with your spouse in short conversations before getting to the next place, when you sleep less and cheer more for your kids than you do as you get older and become an "empty nester."

I loved the emptiness of my 2020 calendar. It was a year

I needed to heal, recover and cocoon with my family after the upheaval we journeyed from our son's accident and spinal cord injury. I relished in extra family downtime last winter with fewer places to be and a cozier, at home evening time for hot chocolate or tea, board and card games and watching an overload of Hallmark movies with our girls.

But now, being back into the swing of coordinating and cheerleading a sixth and eighth graders' schedules while managing a full-time career alongside a husband working long hours in small business, I embrace the calendar filled days ahead of the holiday and winter season. But on those few spaces I know we have space and time, I make ginger tea for myself and hot chocolate for the girls, and we play a game or watch a movie together rather than solely trying to tackle the laundry. I treasure my golden years more in 2021 than in years past.

Bundle up this month. Attend a school concert, Christmas program, tree lighting, community Santa Day or local game. Invite a friend or family member over for cookie decorating or a holiday movie. Choose to fill at least a few empty spaces on your calendar with the golden joys of the season.

Pinke is the publisher and general manager of Agweek. She can be reached at kpinke@agweek.com, or connect with her on Twitter @katpinke.



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MURAL

From Page A1

Gilsdorf and Tulus both noted that there was one final piece to be added: A commemorative plaque inscribed with the quote from children's advocate Marion Wright Edelman that served as the inspiration for Gilsdorf's work.

The quote, "Education is for improving the lives of others and for leaving your community and world better than you found it," was suggested by Gilsdorf's wife, Mary Beth, who helped him come up

with the concept after he was approached with the project last spring by Detroit Lakes School Board Chairman Amy Erickson and Superintendent of Schools Mark Jenson.

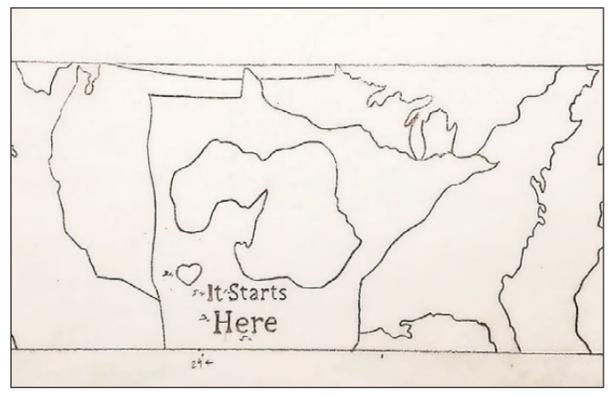
Gilsdorf noted that the school board left the concept for the art piece largely up to him, though they did approve the final design before he began work on it.

He said that the center of the piece is literally a small red heart, with the words "It Starts Here" printed

below, and an image of Detroit Lake above it.

Surrounding that centerpiece is an image of the state of Minnesota, and around that, the globe, with the stars, moons and planets forming the solar system beyond that.

It's meant to depict Gilsdorf's message for DLHS students: "What you do, what you're learning here in Detroit Lakes can take you anywhere you want to go — and beyond your wildest dreams."



The original concept drawing from artist Hans Gilsdorf for his new public mural project, "The Laker Ripple Effect," which was installed in late November at the Detroit Lakes High School commons.



Submitted photos

This photo of a recently printed panel in the new Detroit Lakes High school mural, "The Laker Ripple Effect," was supplied by Eric Tulus of The Trophy House, who worked closely with artist Hans Gilsdorf to duplicate the color and appearance of the artist's original painting, which was recreated on a series of acoustic panels.

ENERGY

From Page A1

Earth Tribal Council, are partnering with a Washington-based business development consulting firm called Total Spectrum, "to conduct third-party due diligence and technical assessment for a utility-scale renewable energy project," said Bridget Guiza, communications director for the White Earth Green Team.

White Earth would benefit from utility investments in renewable, sustainable energy, Guiza said.

The Total Spectrum analysis will include a smorgasbord of information: Strategic develop-

ment, legal review, construction requirements, regulatory environment, workforce needs, bid letting and procurement, financing, ethics and the environment and education. The aim is to put White Earth in the most advantageous position to land favorable agreements, Guiza said.

The tribal small businesses involved in the "Green Team" effort are White Clay Industries, Muskrat Systems, White River Inc., Ogema Organics and Teresa St. Clair, doing business as Midwest Medical Marijuana.

Guiza said these small businesses, owned and operated by White Earth tribal members, bring a wide array of skills, experience, and talent to

the table. Collectively they have more than 50 years of construction, engineering, business development and planning experience, traditional ecological and cultural knowledge, and tribal and family law expertise.

They've also participated in strategic planning and management training in continuing their own business education.

"We would appreciate your support while we are working hard to make the best decision for White Earth," said Mary Gagnon, executive director of White Clay Industries.

Guiza wants to make it clear that these tribal business leaders are committed to serving the people of White Earth.

"They are parents, daughters, sons, sisters, brothers, and spouses," the Green Team said in a news release sent out by Guiza. "They are raising the next generation and they employ White Earth tribal members. They are working on bringing more opportunities to the people of White Earth and to the next seven generations."

This partnership is designed to bring energy independence to the tribe and improve the lives of all White Earth tribal members, she added.

White Earth small businesses are leading the energy transition. "By bringing energy independence to White Earth, tribal members will see tremendous improvements in

their communities," the Green Team said in its news release.

The tribal small businesses have been hosting a series of community events and feasts across White Earth for direct community input throughout this process, which started last month. White Earth voters will have the opportunity to make a decision by referendum in April on proposed energy projects that arise from this process.

There is no specific proposal yet, since community input is still being received, but once a proposal is put forward, "we want to be as transparent as we possibly can," Guiza said. "The goal is to get as many people out there informed as possible."

SKI CLUB

From Page A1

Starting in 2019, Peterson said the club formed to coordinate the trail grooming between federal, state and local agencies because the trails are all located in wilderness preserves, state and county parks, and local business lands.

"The DNR doesn't have a groomer, the county doesn't have a groomer, the feds don't have a groomer, so we kind of put it all together," he said. "We found equipment, bought equipment if we needed it, and we just kind of became the coordinators for all of this grooming that's going on."

He also encouraged ski club members to adopt certain trails they enjoy to keep them ski worthy and free of debris.

The club owns snow-mobles with grooming attachments and the 40 miles of trails get groomed every week, he



Michael Achterling / Detroit Lakes Tribune

Lin Peterson, president of the Detroit Lakes Area Nordic Ski Club, presents a club update to new group members at Detroit Mountain in Detroit Lakes on Saturday during their season kickoff meeting and chili-feed. The group has more than 130 members and grooms, and maintains, more than 40 miles of cross-country ski trails across Becker County.

said. First, the groomer breaks up the hard pack snow and clears debris from the glide lane, then, a final device finishes the combing and also installs a dual-glide groove used in a specific type of Nordic skiing.

Trail updates, maps, events and current conditions can be found

on the club's website or Facebook page,

he added. "We're trying to build a community of skiers," said Peterson. "The social stuff is what keeps the skiers glued together, working together. Because, when you think about it, this is a very individual sport."

The club is also building a cross-country equipment lodge on the Detroit Mountain property, which, he hopes, will entice some of the "ski-moms" at the mountain to try cross-country skiing while their kids are having fun on the downhill side of the facility.

Upcoming events hosted by the club are: Tamarac Ski Days on

Jan. 30 and a 2022 Polar Fest event on Feb. 20.

"We're going to shuttle from the Tamarac parking lot ... we're going to shuttle up to the trail head and then we'll ski it all the way back," he said. "That trail is about a six-mile trail, so it's pretty long, but it's easy. It's good for kids."

The group has an annual budget of \$15,000, which breaks down to \$5,000 from membership dues and donations, \$5,000 from

Becker County as reimbursement for trail grooming services, and \$5,000 from corporate partners, said Peterson, during a new member presentation.

He said he also wants to educate non-Nordic skiers to try and stay off the dual-grooved ski trails when they are out hiking in the area's wilderness trails because skiers can lose control if the grooves are broken.

Send your local story tips to Michael at machterling@dlnewspapers.com and follow him on Twitter @machterling.

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JAYCEES

From Page A1

With a donation of just \$10 for 20 candy canes, \$20 for 40 canes or \$50 for 100, local parents can ensure that Jaycees volunteers will come to their homes after dark on the evening of Saturday, Dec. 18 and carefully hide the colorful candies somewhere outside their homes or in the yard for the kids to find the following morning.

The families sent them back pictures from their hunts last year, Tretbar said, noting that it was pretty fun to see the reactions.

"Some even did the hunt in their PJs," she added.

The proceeds from this year's hunt will benefit Jaycees Christmas projects in the community, such as the annual Gifts for Kids distribution — in conjunction with the Boys & Girls Club of Detroit Lakes — and gifts of prepaid grocery cards for individuals in the community who are nominated by local residents for "having a positive impact on their lives" during the previous year.

"We just started doing that (the grocery cards) this year too," Tretbar said, noting that some of the cards were distributed prior to the Thanksgiving holiday. "We just put something up on Facebook (asking for nominations)."

A signup link for families wanting to participate in the



Submitted photos

Detroit Lakes resident Etta Rotter invited a friend to join her in gathering the spoils from last year's Candy Cane Hunt. The Jaycees are hosting their second annual event on Saturday, Dec. 18, with a signup deadline of Wednesday, Dec. 15.

Candy Cane Hunt can be found on the Jaycees' web page, dljaycees.com, or on their Facebook page, facebook.com/dljaycees.

Deadline to register for the Candy Cane Hunt is Wednesday, Dec. 15, Tretbar added.

Tretbar said that the Jaycees would also like to fill out their ranks a little bit this holiday season.

"We're always short mem-

bers," she said, adding that the organization is open to anyone between the ages of 21-40 who would like to join.

And even if they don't fall within the required age group, local residents can always volunteer to work at Jaycees-sponsored events like the annual Northwest Water Carnival.

"We welcome volunteers of all ages at our events," Tretbar said.

DRIVE

From Page A1

holiday cheer of their own.

The Holiday Train brings in a significant amount of donations — both in nonperishable food items and cash — for the locally-based Becker County Food Pantry each time it makes a stop in Detroit Lakes, explained Sergeant First Class Ryan Raftevoid.

Raftevoid serves as the readiness NCO (non-commissioned officer) for the local unit, which is based at the Detroit Lakes National Guard Armory on Rossman Avenue — right next door to the food pantry.

To help the food pantry make up some of the loss in donations from the Holiday Train, the members of the local National Guard unit are preparing to hold an Operation Hunger Resolve donation drive this Saturday, Dec. 11.

"The unit has been busy and we haven't done anything recently with the local community as far as giving back,"

Raftevoid said, adding that it's "something we've wanted to do for awhile — to show more support for the local community, because they support us so well."

The local National Guard members will gather at Veterans Memorial Park in downtown Detroit Lakes on Saturday afternoon, then begin marching south on Washington Avenue at 1 p.m. The guardsmen will proceed south on Washington Avenue until the roadway curves west, then continue along West Lake Drive toward the Rossman Avenue intersection, where they will turn north toward the Food Pantry (located at 1310 Rossman).

Along the route, the guardsmen will be making periodic stops to accept donations from the public, both on foot and by vehicle.

"If you're driving, just stop and wave us over (after rolling down the window)," said Raftevoid. "We'll come over to you."

Both cash and non-perishable food donations will be accepted.

In addition, there will be a donation box placed inside the Armory at 1220 Rossman Ave. for people to drop off their donations during the week.

"We're open from 8 a.m. to 3 p.m.," Raftevoid said. "You can even drop off your donation Saturday morning, no problem."

Canadian Pacific to host online concert Dec. 18

Though there will be no Holiday Trains running in either Canada or the United States this year, Canadian Pacific will once again be hosting an online concert to benefit local food banks across North America.

Canadian Music Hall-of-Famer Steven Page and The Strumbellas will lead an all-star cast of performers in boarding the train for the 2021 "Holiday Train at Home" concert, which will be streamed live on Facebook, YouTube and the Holiday Train web page on Saturday, Dec. 18, at 7 p.m. (CST).

"With the 'Holiday Train at Home' concert, CP hopes to inspire sup-

port for food banks across North America," said CP President and CEO Keith Creel in a press release. "Though we are disappointed we again cannot

bring an in-person show to communities along our rail lines, it fills us with joy to bring together such outstanding musicians for a performance

that will help feed Canadians and Americans in need. The CP family looks forward to bringing the Holiday Train back on tour as soon as it's safe."

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BOYS BASKETBALL



Jared Rubado / Detroit Lakes Tribune

The Laker bench celebrates a three-pointer in the second half of Detroit Lakes' 77-58 win over Barnesville on Dec. 3, 2021 at Detroit Lakes High School.

'We want to go fast and get buckets'

Lakers pull away from Barnesville in season opener

By Jared Rubado
Detroit Lakes Tribune

Brett Maass was excited to get his first win out of the way as head coach of the Detroit Lakes basketball team. But even in a 77-58 victory against Barnesville, he maintains the Lakers have a long way to go to be the team he sees them being.

On Friday night, Detroit Lakes dominated the second half to win its season opener at home. The Lakers showed flashes of the fast-paced, high-intensity team Maass is molding.

"Trying to implement this takes a long time," he said.

"If you're used to walking the ball up and taking your time, it's really hard to implement. You have to preach it every single day. I'm pleased with where we are at with it. There's a lot of things for us to improve, and it's a long year. We just have to be patient. When you get a win against a team like (Barnesville), you can be happy and celebrate it. It's a great win, but we still have to be better."

Friday night was a coming-out party for sophomore Mason Carrier. After limited varsity time during the 2020-21 season, he has a game-high 25 points in the Lakers' 19-point victory.

"All of the pressure is off now," Carrier said. "I was getting all excited before the game. After I made my first

bucket, I realized I could make this jump. I just had to calm down and get used to it."

"He's super confident," Maass said of Carrier. "We told him, 'Mason, you are a guy that can score in many ways. We need you to be confident.' We know he's a sophomore, and he hasn't played much varsity basketball, but he's one of these guys that we need to play with confidence. Obviously, he did that tonight."

The Lakers jumped out to a 28-14 lead before Barnesville closed the first half on a 14-3 run in the final four minutes. Halftime was about getting back to basics.

"We wanted to work on our spacing," Carrier said of the game plan coming out of halftime. "We needed to

stay focused and keep our composure. We can't get down on ourselves. If we just run our offense and work together, we will be alright. The crowd started cheering, and we started playing."

Where Detroit Lakes had a significant advantage was on the glass. The Lakers created second, third and sometimes fourth-chance opportunities with their offensive rebounding, which made up for some early shooting woes. Barnesville missed its heavy hitter in the post, and Detroit Lakes took advantage of some mismatches.

"We prepared for them having (Kaden) Zenzen," Maass said. "We told our guys that if we aren't boarding and boxing out, it's going to be a long night for us. We talked, preached and

prepared for it. Even though (Zenzen) wasn't here, they still have some big bodies that can crash the boards. They're tough, physical and well-coached. That's just how Barnesville is."

The Lakers found a rhythm offensively in the second half and scored on more transition opportunities.

"In practice, we have a whole bunch of drills with full-court passing and all that," Carrier said. "We run and pass, run and pass—faster faster faster to work on those plays. We have guys like Nate Cihak, who are great at passing and setting it up. We want to go fast and get buckets."

Defensively, Brandon Marsh set the tone by

BOYS HOOPS: Page B2

GIRLS BASKETBALL



Karlee Mace dishes a pass to a teammate in transition in Detroit Lakes' 65-15 win over Little Falls at the Ralph Anderson Gym on Saturday. Mace came off the bench and scored 13 points for the Lakers in her varsity debut.

Jared Rubado / Detroit Lakes Tribune

WRESTLING

Lakers win Fosston tournament

By Jared Rubado
Detroit Lakes Tribune

On Saturday, the Detroit Lakes wrestling team took first place at the Alfred Olson Memorial Tournament in Fosston, behind five individual winners.

Cole Weber (132), Cade Okeson (152), Cade Jackson (170), Jacob Ehnert (220) and Jeffry Moen (285) all won individ-

ual crowns. The Lakers finished with a team score of 171.5, which beat Blackduck-Cass Lake-Bena by 35 points.

Jackson received the Pinner Award on Saturday with four fall victories in just under three minutes. The Lakers host Dilworth-Glyndon-Felton on Friday in their home opener.

WRESTLING: Page B2

Lakers dominate Flyers behind bench depth

By Jared Rubado
Detroit Lakes Tribune

There wasn't any doubt in who the better team was on Saturday in Detroit Lakes' season-opening win over Little Falls.

The Lakers know better teams are on the horizon, but a 65-15 victory over a Section 8-3A opponent was a way to build confidence for a group that had a lot of firsts on Saturday afternoon.

"I think (our confidence) boosted today," Detroit Lakes head coach Rachel Johnson said. "A lot of girls came together that hav-

en't necessarily played together a whole bunch. They can kind of see how they mesh and fit with one another and how they can fall back on each other to develop that full idea of a team. It's good to see how they'll support each other when we do see those tougher matchups."

Junior Abby Larson led the way with a game-high 16 points. In a matchup where Detroit Lakes didn't know what kind of team Little Falls (0-2) brought up North, the plan was simple.

"We normally get film on a team, but they didn't have any,"

Larson said. "We had no idea what we were coming into. We knew our team was athletic, and we just wanted to stick to what we knew we could do well. We kind of did what we wanted to do tonight."

Detroit Lakes had an edge definitely from the jump. Of the 15 total points allowed, only six of them came in the first half.

"I think the key for us is anticipating where passes are going," Larson said. "We need to have communication on the floor too."

GIRLS HOOPS: Page B2



Submitted

The Detroit Lakes wrestling team wins the Fosston invite on Saturday.

GYMNASTICS

Whitworth Paces Lakers to fourth at Jackie Mann

By Jared Rubado
Detroit Lakes Tribune

The Jackie Mann Invitational gymnastics meet is a chance for some of the state's top teams to compete against each other early in the season. Detroit Lakes overcame a slow start to secure fourth place with a team score of 137.1.

"We started out rough on bars and beam but ended strong on floor and vault," Detroit Lakes head coach Lisa Lindgaard said. "How we practice is how we compete, so we need to remember during practice we need to work hard and improve each day if we want to make it down to state as a team."

After missing last Tuesday's season opener against Park Rapids with a minor back injury, the Lakers welcomed Gabby Whitworth back to the lineup. She paced Detroit Lakes on Saturday The Hive in Perham to a fifth-place all-around finish at 35.75.

Whitworth is one of the key pieces to this year's Detroit Lakes group as one of two Lakers who competed at the state tournament last season. She finished less than two points behind Watertown-Mayer's Reagan Kelley, who took first place at the Jackie Mann invite.

"It is great to have Gabby back, and we hope that we can keep her back with minimal aches and pains," Lindgaard said.



Jared Rubado / Detroit Lakes Tribune

Gabby Whitworth gets a hug from Jerzie Horner after completing her first bars routine of the season at the Jackie Mann Invitational at The Hive in Perham on Saturday. Whitworth had the fifth-highest all-around score at 35.75 on Saturday. She missed the first meet of the season due to recovering from a back injury.

"Gabby is a strong all-around gymnast with experience and one we can count on to put up a good performance."

Elsie Ratz had the second-highest all-around score for the Lakers with a 34.2. Jordan Ehner recorded a 23.95, while Jerzie Horner put up a score of 17.4. The Lakers' strength is in their collective effort to count on one another to pick each other up.

"Everyone on our team had at least one event that they stood out on and helped us get fourth place with a 137.1," Lindgaard said.

Watertown-Mayer won

the meet with a team score of 145.8. In true Section 8A fashion, Melrose, Detroit Lakes and Perham finished within three points of each other in third, fourth and fifth place.

The Jackie Mann meet is structured to give invited teams a chance to see where they stack up against traditionally talented teams from around the state.

"The Jackie Mann meet is a great meet to have at the beginning of the season as we see teams that make it to state and also several teams from our sections," Lindgaard said. "What is most

valuable from the Jackie Mann invite is we get to talk with the judges, and they give feedback to the girls and team on how we can improve our scores. It's always nice to hear from the judges and have that open communication with them early on in the season."

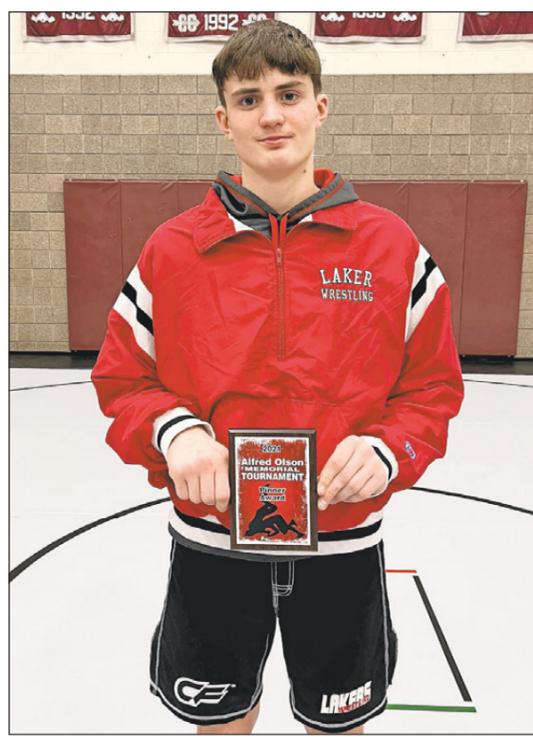
JACKIE MANN INVITATIONAL TEAM SCORES

- 1- Watertown-Mayer 145.8, 2- Cambridge-Isanti 140.45, 3- Melrose 138.1, 4- Detroit Lakes 137.1, 5- Perham 135.45, 6- Maple Grove 128.85, 7- Fergus Falls 128.75, Minnetonka 128.35

DETROIT LAKES INDIVIDUAL SCORES

- VAULT- Hope Hamm 9.05, Jordan Ehner 8.5, Elsie Ratz 8.3, Gabby Whitworth 9.55, Jerzie Horner 9.45; BARS- Ehner 7.25, Ratz 8.35, Whitworth 8.5, Horner 7.3; BEAM- Ehner 8.2, Ratz 8.55, Whitworth 8.35, Horner 8.0; FLOOR- Ratz 9.0, Whitworth 9.35, Morrison 8.3, Horner 9.4, Skylar Nelson 8.1

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



Submitted photo

Cade Jackson wins the Pinner Award at the Fosston tournament after four fall victories on Saturday.

WRESTLING

From Page B1

DETROIT LAKES TOP THREE JV FINISHES
1st- Jeremy Linn, Brock Bilet, Talon Baker, Cody Andresen, Izaiiah Vargas, Andy Bartnes, Zach Rutili, Carlin Mastin; 2nd- Marvellous Mai, Sean Thunstrom, Ehtan Swiers, Alex Chilton; 3rd- Brock Bouchie

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

BOYS HOOPS

From Page B1

clearing up the glass. Detroit Lakes' sophomore big man adds a level of athleticism some teams will struggle to match.

"When he stays on his feet, he's the best defender we have," Carrier said of Marsh. He can guard guys four, five inches taller than him. He can jump through the freakin' roof. He's crazy fun to watch."

After missing the first two weeks of practice, senior Caeden Yliniemi played a limited role off the bench. In an abbreviated role, he paced the Laker reserves with five points and stingy defense.

"We didn't even think he was going to play today," Maass

3rd; 132- Cole Weber 1st; 138- Cody Bartnes 4th; 145- Tyson Ulyott 2nd; 152- Cade Okeson 1st, Brock Swiers 5th; 160- Callen Abrahams 1st; 170- Cade Jackson 1st, Austin Thompson 3rd; 220- Jacob Ehner 1st, Connor Zamzo 2nd; 285- Jeffry Moen 1st

DETROIT LAKES TOP THREE JV FINISHES

1st- Jeremy Linn, Brock Bilet, Talon Baker, Cody Andresen, Izaiiah Vargas, Andy Bartnes, Zach Rutili, Carlin Mastin; 2nd- Marvellous Mai, Sean Thunstrom, Ehtan Swiers, Alex Chilton; 3rd- Brock Bouchie

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

BOYS HOCKEY

Lakers wallop Kittson County in first win of the season

By Jonah Bowe
Detroit Lakes Tribune

The Detroit Lakes Boys Hockey team picked up its first win of the season in dominating fashion, defeating the Kittson County Central Bearcats 7-0 at the Kent Freeman Arena in Detroit Lakes Saturday afternoon.

After starting the season with a close loss to Fergus Falls and a nail-biting overtime loss to last year's defending Section 8A champion East Grand Forks, the Lakers came out looking like a team with something to prove.

It only took Detroit Lakes 2:47 into the first period to find the back of the net when Breck Winter and Cooper Moore set up Spencer Bergman in the high slot for the first goal of the game.

The Lakers controlled the puck in the Bearcats zone most of the first period, but weren't able to increase their lead. That was until Ben Hines slipped a wrist shot off the glove of Bearcat goaltender Jameson Turner right after the faceoff with 57.3 seconds before the intermission.

Carter Bellefeuille picked up an assist on the goal giving the Lakers a 2-0 lead. Detroit Lakes would finish the period outshooting the Bearcats 14-3.

Detroit Lakes completely dominated the game in the second period. Captain Jacob Thomas found the net 59 seconds into the first period on a beautiful setup play from Beau Boehne. Eli Denardo followed up exactly two minutes later, scoring his first career varsity goal

on a shot from the blue line. Thomas picked up the assist on the Denardo goal.

"We were hungry tonight," Lakers head coach Ben Noah said. "All three lines were rolling—no difference top to bottom."

The Lakers were able to extend their lead to 5-0 when Bellefeuille scored on a beautiful 2-on-0 setup from Grady Kirchner with 8:17 remaining in the second. Thomas also picked up another assist on the play. The Lakers outshot the Bearcats 19-3 in the period.

The Lakers scored their sixth goal of the game 3:46 into the third period on a goal from Winter. Thomas picked up his third assist and fourth point on the night. Winter would finish the scoring for the Lakers on

the night, punching in a beautiful tic-tac-toe play off a pass from Spencer Bergman, giving Detroit Lakes a 7-0 lead which would turn out to be the final score.

"We needed to get that monkey off our back, get the win tonight," Noah said. "There's a lot of excitement around this team, and tonight was a glimpse as to why. Our goal is to get 1% better every day we're out here, and we definitely did that today."

The Lakers finished the game with 45 shots on goal. Laker goalie Elijah Blow stopped all 14 Bearcat shots on the night for his first shutout of the year.

The Lakers (1-2) will face off against Park Rapids at 7 p.m. Tuesday at the Kent Freeman Arena.

GIRLS HOCKEY

Lakers pick up first two wins of the season

By Jared Rubado
Detroit Lakes Tribune

Senior Madison Olson picked a good time for her first goal of the season on Saturday afternoon.

With 2:42 left in regulation, Olson gave the Lakers (2-4) their first lead of the game over International Falls (0-3) with an unassisted short-handed goal. It proved to be the game-winner in the Lakers' 5-4 road victory.

Kaydence Thorsteinson buried two goals in the first two periods as the Lakers and Broncos traded punches throughout the game. Haley Stattelman tied the game midway through the third period before Havyn Pelland put the Broncos ahead 4-3.

Emma Coley's 14th goal of the season tied the game for a fourth time before Olson put home the game-winner.

Emma Wahl made 13 saves in the Lakers' second consecutive victory. International Falls freshman goaltender made 60 saves in the loss.

Detroit Lakes' victory at International Falls was the second of the season following Thursday's win at Prairie Centre. The Lakers scored five in the third period to snap a four-game skid.

Coley had her third four-goal game of the season with three tallies in the final 17 minutes. Adisyn Strand and Thorsteinson had a goal and two assists each in Detroit Lakes' 8-5 road win over Prairie Centre.

Along with Coley's three goals in the final frame, Haley Stattelman and Rhett Zima got on the scoreboard in the victory.

Wahl made 17 saves in goal for the Lakers to earn her first career win. Her counterpart, Kennedy Lemke, stopped 44 shots in the loss. Natasha Ludwig had a hat trick for Prairie Centre in her four-point night.

As of Sunday, Coley is tied for fifth in the state in goals with 14, and ninth in points with 20, according to MN Girls Hockey Hub. Coley has scored in all six games for the Lakers this season.

DETROIT LAKES 1 2 5 - 8
PRAIRIE CENTRE 1 1 3 - 5
SCORING- FIRST PERIOD- Detroit Lakes- Adisyn Strand (Jaelynn Jensen, Kaydence Thorsteinson) 7:55; Prairie Centre- Natasha Ludwig (Faith Zigan, Robyn Gierke) 8:21; SECOND PERIOD- Detroit Lakes- Thorsteinson (unassisted)

3:01; Prairie Centre- Ludwig (unassisted) 3:49; Detroit Lakes- Emma Coley (Haley Stattelman, Rhett Zima) 10:41; THIRD PERIOD- Prairie Centre- Ludwig (Zigan) 4:43; Detroit Lakes- Coley (Strand, Jensen) 5:33; Detroit Lakes- Zima, (Strand, Coley) 6:13; Prairie Centre- Katelyn Jones (unassisted) 7:43; Detroit Lakes- Coley (Thorsteinson) 10:27; Prairie Centre- Daelyn Dierich (Ludwig) 10:49; Detroit Lakes- Coley (Stattelman, Brynn Erickson) 12:41; Detroit Lakes- Stattelman (unassisted) ENG, 16:05; PENALTIES- Detroit Lakes 2 minutes on 1 infraction; Prairie Centre- 2 minutes on 1 infraction; GOALTENDING- Detroit Lakes- Emma Wahl, W, 17 saves, 5 goals allowed; Prairie Centre- Kennedy Lemke, L, 44 saves, 7 goals allowed

DETROIT LAKES 1 2 2 - 5
INTERNATIONAL FALLS 1 2 1 0 4
SCORING- FIRST PERIOD- International Falls- Savannah Valentine (Kaili Graves) 4:03; Detroit Lakes- Kaydence Thorsteinson (Adisyn Strand) 9:49; SECOND PERIOD- u0009International Falls- Taylor Burns (Tierza Carradice, Ava Werner) 2:12; Detroit Lakes- Thorsteinson (Emma Coley, Brynn Erickson) 9:07; International Falls- Brenna Crosby (Taylor Burns, Carradice) 16:32; THIRD PERIOD- Detroit Lakes- Haley Stattelman (unassisted) 4:43; International Falls- Havyn Pelland (unassisted) 9:32; Detroit Lakes- Madison Olson (unassisted) short-handed, 14:18; PENALTIES- Detroit Lakes- 10 minutes on 5 infractions; International Falls- 6 minutes on three infractions; GOALTENDING- Detroit Lakes- Emma Wahl, W, 13 saves, 4 goals allowed; International Falls- Mara Pelland, L, 60 saves, 5 goals allowed

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

GIRLS HOOPS

From Page B2

Where Detroit Lakes really shined was in the emergence of newcomers. Junior veteran Jacee Hauser found herself in foul trouble early on, which required new faces to get in the mix—some of them for the first time at the varsity level.

"You've got to be ready to go," Johnson said. "Those individuals that needed to be ready to go today did their job. Ella Okeson, Ellie Lunde, Karlee Mace, Olivia Clarke-Brunette, Kiah Gloege, Shayla Stattelman and all of the girls who came in did a good job of stepping up and carrying out the role we need them to carry out."

Mace is the lone freshman on the varsity roster and had a significant impact off the bench. After playing half of the junior varsity game before the varsity tipoff, she scored 13 points in her debut to pace the Detroit Lakes bench.

"Karlee put in a lot of work this summer," Johnson said. "Between her and Elle Bettcher, they were here almost every day. A lot of our girls had great attendance, but those two were here all the time and put in work outside of being here. Karlee's been working hard in practice since the season started. We got her that

half of the JV game to build some confidence and to get those first-game jitters out of the way. It worked great. She killed it."

The Lakers could feel the flow from practice start to translate as the game wore on.

"We do a lot of fast-break stuff in practice where we go up and down as a team," Larson said. "We have a lot of good chemistry, especially the girls that are back from last year."

After coming away with a 50-point win, it's somewhat challenging to decipher what needs improvement heading into games against Bemidji, Fergus Falls and Perham before Christmas break starts.

"The next step is to keep working on that press," Johnson said.

"We have a couple of different looks that we're going to start putting in. We also need to start playing out of it on offense. We started coming around to it in the second half, which is nice to see. I would like to see us work through our progressions as well. It was just nice to get the first one out of the way. Now we can build from here."

LITTLE FALLS 39 26 - 15
DETROIT LAKES 69 26 - 65
SCORING- DETROIT LAKES- Abby Larson 16, Helena Daggelt 5, Jacee Hauser 3, Elle Bettcher 6, Grace Gunderson 5, Karlee Mace 13, Ella Okeson 10, Olivia Clark-Brunette 2, Elle Lunde 2, Brooklyn Markuson 3; LITTLE FALLS- Kendall Santek 5, Anasafija Steadman 3, Shelby Pint 2, Claire VanRisseghem 2, Korrin Gwost, Meghan Schilling 1

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ACROSS

1. Vintage
4. Switch
8. Trademark
12. Very small
13. Caesar's garment
15. Dawdled
17. Curved roof
18. Olive
19. Make holy
20. Marzipan flavoring
23. Slapstick prop
24. Juvenile
25. Collection of clothes
30. Rowboat necessity
31. Farm towers
32. Is allowed to
33. Comes before
35. Mud
36. Head of a suit
37. Corrected text
39. Separate
42. Camp bunk
43. Flag site
44. Stammers
49. Alternative word
50. Dislike intensely
51. Posed, as for a portrait
52. Gateway
53. 24th letters
54. Have a look-see

DOWN

1. Night bird
2. Luau welcome
3. Bear cave
4. Beer mug
5. Global
6. Vital statistic
7. Shoulder enhancer
8. Soup server
9. Clarinet's cousin
10. Valued minerals
11. Keats poems
16. Thug
19. Auction calls
20. On the summit
21. Shakespeare's "King"
22. Nothing more than
23. Bring to trial

26. Brewery beverage

27. Forget
28. Unadorned
29. Saw
31. Religious faction
34. Calling
35. Catcher's catcher
38. Loves excessively
39. Copied
40. Game played on horseback
41. Likewise
44. "Done Him Wrong"
45. Impose a tariff
46. 19th letter
47. Sharp knock
48. Barnyard pen

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				2				9
1	5		7					

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Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

TODAY'S PUZZLE SOLVED

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

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MN LEGALS

Detroit Township Residents Notice of Town Offices to be Elected and Notice of Filing
Notice is hereby given to the residents of Detroit Township that the annual filing for election of officers opens December 28, 2021 and continues through January 11, 2022. The following positions are to be filled at the election on March 8, 2022:
Supervisor: 3-year term
Clerk: 2-year term
If you wish to file for candidacy, please file with the township clerk at her residence (appointments insures her availability). To make an appointment or for further information call (218)846-9333. Clerk's Office (26324 N. Tower Road) will be open for filing on January 11, 2022 from 1-5 p.m. Barbara Schmidt, Clerk (Dec. 8 & 12, 2021) 8977

MN LEGALS

BECKER COUNTY BOARD OF COMMISSIONERS
PUBLIC HEARING
2022 County Budget
County Highway Five-Year Plan (2022-2026)
2022 SMART Tax Sales Appropriation Plan
Date: Thursday, December 9, 2021, at 6:00 p.m.
Location: Board Room – First Floor - Courthouse
915 Lake Avenue, Detroit Lakes, MN
or
Virtual TEAMS Meeting Option
Call-In #: 763-496-5929 – Conference ID #: 540438455
6:00 Open Meeting
1. Pledge of Allegiance
2. Public Comment
a) 2022 Truth in Taxation Presentation
b) County Highway Five-Year Plan (2022-2026)
c) 2022 SMART (Safe, Multi-Model, Active, Responsible Transportation) Tax Sales Appropriation Plan (sales tax for transportation) (Dec. 5, 2021) 11712

HOMESVILLE TOWNSHIP RESIDENTS NOTICE OF FILING
Notice is hereby given to the residents of Homesville Township that the annual filing for the election of township officers opens on December 28, 2021. The following positions are to be filled at the election on March 8, 2022:
ONE SUPERVISOR - 3 YEAR TERM
apartmentsHQ.com

MN LEGALS

ONE CLERK- 2 YEAR TERM
SPECIAL ELECTION: ONE SUPERVISOR- 2 YEAR TERM
If you wish to file for candidacy, please file with the township clerk at her residence or call for further information at 218-849-3387. The deadline for filing is January 11, 2022 at 5:00 pm. The clerk's office will be open for filing on January 11, 2022 from 1:00-5:00 pm at her residence. Tracy Larson, Clerk (Dec. 8 & 12, 2021) 10520

LAKE EUNICE TOWNSHIP RESIDENTS NOTICE OF FILING 2022
Notice is hereby given to the residents of Lake Eunice Township that the annual filing for election of officers opens December 28th, 2021 and continues through 5:00 pm on January 11th, 2022. The following positions are to be filled at the election on March 8th, 2021.
The offices to be filled are:
SUPERVISORS (2) - 3 YEAR VACANCY
Township Clerk 2-year term
Affidavits will be available from the township clerk, Heather Anderson, at her home, by appointment. If you would like to make an appointment or need further information call (218) 237-0562. The clerk's office (her home) will be open for filing on January 11th, 2021 from 1:00pm - 5:00 pm. There is a \$2.00 filing fee, payable to Lake Eunice Township. Date : December 3, 2021
HEATHER ANDERSON
Clerk, Lake Eunice Township, Becker Co, MN (Dec. 8, 2021) 11386

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- Collaborates with others in the newsroom on content and contributes to relevant social media accounts.

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or to apply: www.forumcomm.com/careers
Deadline to apply: December 16, 2021

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Hope for Type 1 diabetes cure
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Producing an LA classic out of chaos
Page 4

Easy 1-pot lamb recipe a family pleaser
Page 5

WEDNESDAY, DECEMBER 8, 2021 | NATION PLUS - A FORUM COMMUNICATIONS EXTRA

BIDEN WARNS PUTIN OF SANCTIONS, AID FOR UKRAINE MILITARY IF RUSSIA INVADES

BIDEN, PUTIN HOLD TWO-HOUR VIDEO CALL OVER CRISIS

By Andrea Shalal, Steve Holland and Andrew Osborn
Reuters

Washington/Moscow

President Joe Biden warned Russian President Vladimir Putin on Tuesday that the West would impose “strong economic and other measures” on Russia if it invades Ukraine, while Putin demanded guarantees that NATO would not expand farther eastward.

The two leaders held two hours of virtual talks on Ukraine and other disputes in a video call about U.S.-Russian relations, which have sunk to their lowest point since the end of the Cold War more than three decades ago, as Russia masses tens of thousands of troops on Ukraine’s border.

Putin responded to the warning with a demand for reliable, legally binding

guarantees against NATO expansion eastward and complained about NATO attempts to “develop” Ukrainian territory,” the Kremlin said.

No breakthroughs in the standoff were reported but both sides agreed to continue communications, a development that could lower global tensions.

The Kremlin has denied harboring any intention to attack Ukraine and has said a troop buildup on its southern border is defensive, but neighboring nations are sounding alarms.

Biden warned Putin he could face stiff economic sanctions, the disruption of the Nord Stream 2 gas pipeline to Europe, and that the United States and European allies would provide additional defensive capabilities to Ukraine.

The president “made clear that the U.S. and our Allies would respond with

strong economic and other measures in the event of military escalation,” the White House said in a statement.

“Things we did not do in 2014, we are prepared to do now,” White House national security adviser Jake Sullivan told reporters after the call, referring to the reaction to Russia’s annexation of Crimea from Ukraine.

In case of an attack, the United States would be looking to respond positively if Baltic allies ask for additional U.S. “capabilities” or “deployments,” he said.

The United States could also target Russia’s biggest banks and Moscow’s ability to convert roubles into dollars and other currencies, one official said.

In 2014, Washington focused mainly on defensive, non-lethal aid following Russia’s annexation of Crimea out of fear it would escalate the crisis.

Biden was “direct and straightforward” with Putin, Sullivan said.



The White House / Handout via Reuters

President Joe Biden holds virtual talks with Russia’s President Vladimir Putin amid Western fears that Moscow plans to attack Ukraine, during a secure video call Tuesday from the Situation Room at the White House in Washington.

“There was a lot of give-and-take, there was no finger-wagging, but the president was crystal clear where the United States stands on all of these issues,” Sullivan said.

The Kremlin said Putin told Biden it was wrong to put all the responsibility on Russia’s shoulders for

current tensions.

Moscow has voiced rising irritation over Western military aid to Ukraine, a fellow former Soviet republic that has tilted toward the West since a popular revolt toppled a pro-Russian president in 2014, and what Russia calls creeping NATO expansion.

Study suggests Pfizer vaccine may only partially protect against omicron

Data still insufficient regarding level of protection offered by other vaccines

By Michael Erman
Reuters

The omicron variant of the coronavirus can partially evade the protection from two doses of Pfizer Inc and partner BioNTech’s COVID-19 vaccine, the research head of a laboratory at the Africa Health Research Institute in South Africa said on Tuesday.

Still, the study showed that blood from people who had received two doses of the vaccine and had a prior infection were mostly able to neutralize the variant, suggesting that booster doses of the vaccine could help to fend off infection.

Alex Sigal, a professor at the Africa Health Research Institute, said on Twitter there was “a very large drop” in neutralization of the omicron variant relative to an earlier strain of COVID-19.

The lab tested blood from 12 people who had been vaccinated with two doses of the Pfizer/BioNTech vaccine, according to a manuscript posted on the website for his lab. The preliminary data in the manuscript has not yet been peer reviewed.

Blood from five out of six people who had



Dado Ruvic / Reuters / Illustration / File photo
COVID-19 vaccine vials are seen May 2.

been vaccinated as well as previously infected with COVID-19 still neutralized the omicron variant, the manuscript said.

“These results are better than I expected. The more antibodies you got, the more chance you’ll be protected from omicron,” Sigal said on Twitter.

He said the lab had not tested the variant against blood from people who had received a booster dose, because they are not available in South Africa yet.

According to the manuscript, the lab observed a 41-fold decline in levels of neutralizing antibodies against the omicron variant.

Sigal said on Twitter that figure is likely to be adjusted after his lab does more experiments.

While neutraliz

ing antibodies are an indicator of the body’s immune response, scientists believe other kinds of cells such as B-cells and T-cells also are stimulated by the vaccines and help protect against the effects of the coronavirus.

The omicron variant, first detected in southern Africa last month, has triggered alarms globally of another surge in infections, with more than two dozen countries from Japan to the United States reporting cases.

There is not significant data yet on how vaccines from Moderna, Johnson & Johnson and other drugmakers hold up against the new variant. All the manufacturers, including Pfizer and BioNTech, are expected to release their own data within weeks.

Trump ex-chief of staff ends cooperation with Capitol riot committee

Panel intends to pursue contempt charges against Mark Meadows

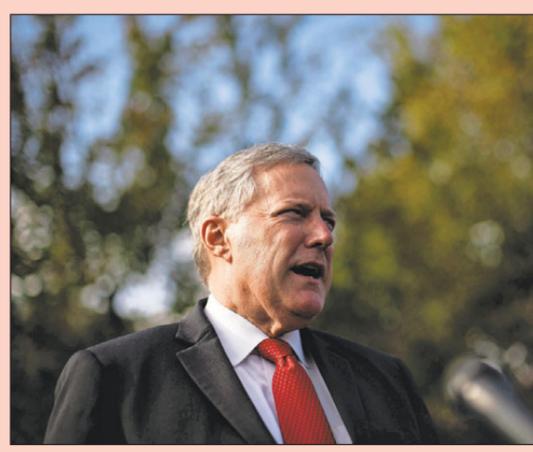
By Patricia Zengerle
Reuters

WASHINGTON — Mark Meadows, who served as former President Donald Trump’s White House chief of staff, has decided not to cooperate with the congressional committee investigating the deadly Jan. 6 U.S. Capitol riot, and the panel said on Tuesday it is prepared to pursue contempt charges against him.

Representative Bennie Thompson, chairman of the House of Representatives Select Committee, said in a statement that the panel would take action if Meadows fails to show up for a deposition scheduled for Wednesday.

“If indeed Mr. Meadows refuses to appear, the Select Committee will be left no choice but to advance contempt proceedings and recommend that the body in which Mr. Meadows once served refer him for criminal prosecution,” Thompson said in a statement.

FoxNews first reported Meadows’ decision not to cooperate earlier on Tuesday. The Democratic-led committee last week said Meadows had provided records and agreed to appear



Al Drago / Reuters / File photo

White House Chief of Staff Mark Meadows speaks to reporters following a television interview in October 2020 outside the White House in Washington.

“soon” for a deposition after failing to show up for a previously scheduled one.

Thompson said his committee has questions for Meadows about records he has provided including “real-time communications” that occurred as the Capitol riot took place. The panel also wants to hear from Meadows about “voluminous official records” in his personal telephone and email accounts, Thompson added.

Meadows served as a Republican House member until he joined Trump’s administration last year. If he disregards the committee’s subpoena, the panel could pursue contempt of Congress charges, as it has against Trump’s former chief strategist Steve Bannon and for-

mer Justice Department official Jeffrey Clark.

On Jan. 6, Trump supporters stormed the Capitol in a bid to prevent formal congressional certification of his 2020 presidential election loss to Democrat Joe Biden. Before the riot, Trump gave a speech to his supporters repeating his false claims that the election was stolen from him through widespread voting fraud and urging them to go to the Capitol and “fight like hell” to “stop the steal.”

Trump has urged associates not to cooperate with the committee, calling the investigation politically motivated and arguing that his communications are protected by executive privilege, although many legal experts have said that legal principle does not apply to former presidents.

A suspected killer of Khashoggi arrested

Suspected member of squad that killed Saudi journalist held in France

By Alain Acco and Tassilo Hummel
Reuters

PARIS - French police on Tuesday arrested a suspected member of the hit squad that killed Saudi journalist Jamal Khashoggi as the man was about to board a flight from Paris to Riyadh, French law enforcement sources said.

Khashoggi's fiancée welcomed the detention of the suspect and said he should be prosecuted for his role in the 2018 killing. But the Saudi Embassy in Paris said the arrested person "has nothing to do with the case in question."

"Therefore the Kingdom's embassy expects his immediate release," it said in a statement.

A French police source and a judicial source named the man as Khaled Aedh Al-Otaibi - the same name as a former member of the Saudi Royal Guard who is identified in U.S. and British sanctions lists, and a U.N.-commissioned report, as having been involved in Khashoggi's killing.

The police who detained him were acting on a 2019 arrest warrant issued by Turkey, the country where Khashoggi was killed, according to the police source.

Khashoggi, a Washington Post journalist and critic of Saudi Arabia's de facto ruler, Crown Prince Mohammed bin Salman, was last seen entering the Saudi Consulate in Istanbul on Oct. 2, 2018. Turkish officials believe his body was dismembered and removed. His remains have

not been found.

A U.S. intelligence report released in March this year said Prince Mohammed had approved the operation to kill or capture Khashoggi. The Saudi government has denied any involvement by the crown prince and rejected the report's findings.

Last year, a Saudi court jailed eight people for between seven and 20 years over the killing, but none of the defendants was named. The trial was criticized by a U.N. official and human rights campaigners who said the masterminds of the murder remained free.

"This could be a major breakthrough in the quest for justice for Jamal Khashoggi," former U.N. investigator Agnes Callamard said of the Paris detention.

In her 2019 report for the United Nations, Callamard named Al-Otaibi as being part of a Saudi team that killed Khashoggi and dismembered his body before flying back to Saudi Arabia.

Callamard, now head of rights group Amnesty International, said more confirmation was required to prove that the man held in France is the same person she identified in her report.

The police source said the detained man was being held at a border police detention facility at Charles de Gaulle airport, near Paris, and would be taken to court in the center of the city on Wednesday morning for a hearing on his extradition to Turkey.

Last weekend, French President Emmanuel Macron held face-to-face talks in Saudi Arabia with Prince Mohammed, becoming the first major Western leader to visit the kingdom since Khashoggi's murder.

Chilean congress legalizes same-sex marriage

Historic vote comes after decade-long legal battle

By Fabian Cambero
Reuters

SANTIAGO - Chile's Congress passed a law to legalize same-sex marriage on Tuesday, in a milestone for the conservative South American nation after a decade-long legal battle and with the country delicately poised ahead of a crossroads election this month.

"Today is a historic day, our country has approved same-sex marriage, one more step forward in terms of justice, in terms of equality, recognizing that love is love," Minister of Social Development Karla Rubilar said after the vote.

Chile's Senate and lower house of parliament both voted heavily in favor of the bill on Tuesday, which had previously been partially approved in November before the Senate sent it back to a committee to clarify ambiguities.

Current President Sebastian Pinera, who will leave office in March, has backed the bill and is expected to sign it into law.

The vote culminates a process that began in 2017, when the first bill was introduced, backed by then-President Michelle Bachelet. Chile is now poised to join over 20 countries globally with legal same-sex marriage, including Argentina, Brazil, Colombia, Costa Rica and Uruguay in Latin America.

"It is hard to believe that today we are taking this step," said Rolando Jimenez from LGBT rights group Movilh, one of the major backers of the bill and which



Rodrigo Garrido / Reuters

A couple reacts with their daughter outside the Congress as the Senate votes to approve a same-sex marriage bill on Tuesday in Valparaiso, Chile.

helped spearhead Chile's push to legalize same sex marriage for more than a decade.

Chile will elect a new president on Dec. 19, choosing between progressive Gabriel Boric and social conservative Jose Antonio Kast, a practicing Catholic. The two offer wildly different visions for the country's future.

While Kast disagrees with same-sex marriage, he had said he would have signed the bill into law anyway had it been passed by Congress during a potential presidency of his.

Chile has long had a conservative reputation even compared with its deeply Catholic Latin American peers. Still, a strong majority of Chileans now support same-sex marriage and Chileans have shown signs of moving left on social and cultural issues in recent

years.

Civil unions have been permitted in Chile since 2015, which affords same-sex partners many but not all the benefits of married couples, like the right to adoption.

The law, which will come into effect 90 days after it is published in the Official Gazette, was cheered by rights groups and couples, opening the door for both parents in a same sex couple to receive full legal recognition.

"This is cause for all Chilean society to celebrate," said Isabel Amor, executive director of equality group Iguales.

"Not only will people who have a same-sex relationship be able to marry, but hundreds of children and adolescents will get recognition for their two mothers or two fathers."

Rohingya refugees sue Facebook over violence

Class-action complaint filed Monday asks for \$150B in damages

By Elizabeth Culliford
Reuters

Rohingya refugees from Myanmar are suing Meta Platforms Inc, formerly known as Facebook, for \$150 billion over allegations that the social media company did not take action against anti-Rohingya hate speech that contributed to violence.

A U.S. class-action complaint, filed in California on Monday by law firms Edelson PC and Fields PLLC, argues that the company's failures to police content and its platform's design contributed to real-world violence faced by the Rohingya community.

In a coordinated action, British lawyers also submitted a letter of notice to Facebook's London office.

A Meta spokesperson said in a statement: "We're appalled by the crimes committed against the Rohingya people in Myanmar. We've built a



Navesh Chitrakar / Reuters / File photo

Rohingya refugees sit on a makeshift boat as they are interrogated by the Border Guard Bangladesh after crossing the Bangladesh-Myanmar border in November 2017 at Shah Porir Dwp near Cox's Bazar, Bangladesh.

dedicated team of Burmese speakers, banned the Tatmadaw (Myanmar military), disrupted networks manipulating public debate and taken

action on harmful misinformation to help keep people safe. We've also invested in Burmese-language technology to reduce the prevalence of

violating content."

The company has previously said it was "too slow to prevent misinformation and hate" in Myanmar.

A Myanmar junta spokesman did not answer phone calls from Reuters seeking comment on the legal action against Facebook.

In 2018, U.N. human rights investigators said the use of Facebook had played a key role in spreading hate speech that fueled the violence.

A Reuters investigation that year, cited in the U.S. complaint, found more than 1,000 examples of posts, comments and images attacking the Rohingya and other Muslims on Facebook. Almost all were in the main local language, Burmese.

The invective included posts calling the Rohingya or other Muslims dogs, maggots and rapists, suggested they be fed to pigs, and urged they be shot or exterminated.

The posts were tolerated in spite of Facebook rules that specifically prohibit attacking ethnic groups with "violent or dehumanizing speech" or comparing them to animals.

Facebook has said it is protected from liability over content posted by users by a U.S. internet law known as Section 230, which holds that online platforms are not liable for content posted by third parties. The complaint says it seeks to apply Myanmar law to the claims if Section 230 is raised as a defense.

Although U.S. courts can apply foreign law to cases where the alleged harms and activity by companies took place in other countries, two legal experts interviewed by Reuters said they did not know of a successful precedent for foreign law being invoked in lawsuits against social media companies where Section 230 protections could apply.

BRIEFS

African Union calls for end to omicron travel curbs on some African nations

NAIROBI - The African Union on Tuesday called for an urgent end to travel restrictions imposed on some of its member states, saying the measures effectively penalize governments for timely data sharing in line with international health regulations.

The measures act "as a disincentive for information sharing in the future, potentially posing a threat to health security on the continent and globally," the AU said in a statement.

Late last month, European Union states, the United States and Britain, among other nations such as Israel,

imposed travel curbs on seven southern African countries after they reported several cases of the omicron variant, which is considered highly infectious.

Deluge triggers flood watches in Hawaii as more rain expected in western islands

Hawaii prepared for more rainfall on Tuesday after the Pacific island chain was beset with torrential downpours that caused flooding, triggered landslide warnings and prompted the state to take emergency action.

A stalled "kona low" weather system brought up to 12 inches (30 cm) of rain over three days, although actual amounts varied greatly throughout the islands' mountainous terrain,

the National Weather Service said.

"It's a kind of a typical pattern for Hawaii that can produce heavy rain," said meteorologist Bob Oravec of the NWS Weather Prediction Center in College Park, Maryland.

Peru's Castillo braces for impeachment vote as demonstrations brew

LIMA - Hundreds of protesters supporting and opposing Peruvian President Pedro Castillo congregated around Congress in capital Lima ahead of a vote on Tuesday on whether to impeach the under-fire leftist president.

Peruvian lawmakers will vote on whether to begin impeachment proceeding for "moral incapacity," though the chances appear slim of

ousting Castillo, who has been battling crises as his popularity wanes months into his administration.

Castillo's own party, the Marxist Peru Libre, had at one point considered supporting the motion, though on Monday rallied behind the president despite clashing with him over policy and called the attempt a right-wing coup.

US judge blocks last remaining Biden admin COVID-19 vaccine rule

A federal judge on Tuesday blocked the last of the Biden administration's COVID-19 vaccine mandates for businesses, saying the government exceeded its authority with a requirement that millions of employees of federal contractors be inoculated.

The ruling was the latest setback for President Joe Biden, a Democrat, who announced a series of measures in September aimed at increasing vaccination rates to fight the pandemic that continues to kill more than 1,000 Americans daily.

"Abuse of power by the Biden administration has been stopped cold again," Republican South Carolina Attorney General Alan Wilson, who joined the lawsuit, said in a statement.

U.S. District Judge Stan Baker in Savannah, Georgia, said Congress did not clearly authorize the president to use procurement to impose a vaccine requirement on contractors that will have "vast economic and political significance."

Hope for Type 1 diabetes cure

San Diego biotech says company is nearing 'functional cure' for disease

By Jonathan Wosen
The San Diego Union-Tribune

A century ago, type 1 diabetes was a death sentence. But San Diego biotech ViaCyte says two studies published this week show the company is getting closer to what it calls a "functional cure" for the disease.

The pair of studies, published last week, are based on an early-stage clinical trial in which the company implanted small devices beneath the skin of type 1 diabetics. These devices were loaded with pancreatic cells, which researchers showed could grow into cell types that naturally keep your blood sugar from dipping too low or suddenly spiking.

The hope is that this approach, known as cell replacement therapy, could allow type 1 diabetics to ditch the needles, syringes and pumps they use to constantly monitor their blood sugar. But first, the reported findings, based on the first batch of patients to join an ongoing study, must hold up as the trial expands and in follow-up trials. And ViaCyte is still tinkering with its device to trigger insulin production more consistently and robustly.

Still, the latest findings are sparking genuine optimism from a company that's run into numerous twists and turns in its quest to treat what remains a difficult and devastating disease.

"The cells that we are implanting actually work — they secrete insulin," said Dr. Howard Foyt, ViaCyte's chief medical officer. "We've done it already. So it's just a question of being able to reproduce those results in a greater number of patients."

The recent studies come about a month after Vertex, a Massachusetts biotech company, also announced that it has made progress toward a cell-based therapy for type 1 diabetes.

It's all part of an effort to help those struggling with a disease that affects 1.6

million Americans, according to the Juvenile Diabetes Research Foundation. Type 1 diabetics often suffer from constant exhaustion, weight loss and increased thirst and urination, among other symptoms.

Things can get worse without treatment, leading to heart, kidney and nerve damage. A second-century Greek physician once described diabetes as "the melting down of flesh and limbs into urine."

At the source of these patients' woes is friendly fire from their own immune systems, which wipe out the cells in the pancreas that make insulin, a hormone that regulates blood sugar levels. And while type 1 diabetics can inject themselves with insulin and use glucose monitors to track their blood sugar, these fixes are expensive and not always effective.

ViaCyte is betting that replenishing these lost cells would be a more lasting solution. Researchers have known for about 20 years that transplanting pancreatic cells from organ donors can trigger insulin production, but there's not enough donor tissue to keep pace with demand. So the biotech is using stem cells, which can be grown in bulk and coaxed to form virtually any of the body's cells.

One of the company's implants, known as PEC-Direct, is about half the size of a credit card and loaded with millions of pancreatic cells derived from stem cells. These cells can further develop into beta cells, which produce insulin and lower blood sugar, and alpha cells, which make glucagon, a hormone that raises blood sugar.

Foyt thinks the combination of both cell types could avoid a silent but deadly problem for some type 1 diabetics — dangerously low blood sugar that starves the brain of glucose, leading to comas, seizures or even death.

The biotech's small,



ViaCyte/TNS

A researcher views cells under the microscope at ViaCyte, a San Diego biotech focused on developing a "functional cure" for Type 1 diabetes.

flexible device slips beneath the skin — usually under a person's forearm or the sides of their lower back — and is covered with teeny pores that let blood vessels snake inside and supply cells with oxygen and fresh nutrients. But those pores also allow the patient's immune cells to attack the transplanted cells, so recipients need immune-suppressing drugs to keep the new cells alive.

The company is also exploring whether it can genetically modify the cells so that immunosuppressants won't be necessary, but that effort is still at an early stage.

The recent studies, published in the journals *Cell Stem Cell* and *Cell Reports Medicine*, looked at 15 and 17 patients, respectively, taking part in an early-stage clinical trial of ViaCyte's implant launched in 2017. The latter study found that

six of the 17 participants who got the implant started making detectable levels of a molecule called C-peptide, which is created when insulin is produced.

Why didn't the researchers measure insulin directly? Because patients were still receiving direct insulin injections. But the only way they'd have C-peptide would be if they were also making insulin themselves.

"We obviously hoped for more," said Foyt of the fact that about a third of participants made their own insulin. "(But) nobody has ever been able to do that before. And so that's why we reported it."

The amount of insulin made by trial participants wasn't high enough that they no longer needed injections of the hormone, but its production followed a familiar and reassuring pattern, going up after patients ate and eventually

back down.

That's exactly what happens in non-diabetics, suggesting that the transplanted cells were sensing and responding to blood sugar normally. And when researchers removed the implants from participants for a closer look, they found the devices filled with both alpha and beta pancreatic cells, just as they'd hoped.

The company has since tweaked the design of its device, adjusting the number of tiny holes, their locations and how many implants each participant receives to help participants make enough glucose-regulating hormones to keep their blood sugar in a healthy range. Foyt says the biotech expects to have results from another eight patients by August.

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Some employers pause vaccine requirement

Large Ohio companies waiting for outcome of federal legal battles

By Jim Weiker

The Columbus Dispatch

Companies in Columbus and elsewhere in Ohio are pausing their employee vaccine requirements pending the outcome of legal challenges to a federal rule.

While some major U.S. companies including Google, Facebook and Walmart continue to require their workers to be vaccinated, many in Ohio are waiting to see whether such requirements become law.

The insurer Nationwide, for example, is hitting the pause button after saying it planned to require the vaccines.

"The company will continue to prepare its policies in the event the mandate remains effective but will adjust pending the outcome of the legal challenges being reviewed by the courts," the company said.

Vaccine mandate: What does Biden rule require?

The Biden administration rule requires that employees of companies with at least 100 workers be vaccinated or be regularly tested for COVID starting Jan. 4. The rule also requires unvaccinated employees to wear masks indoors. The rule does not apply to employees who are not in regular contact with others, such as those who work from home.

The rule, which applies to about 84 million workers, was blocked by a federal court that found that it "grossly exceeds" the authority of the Occupational Safety and Health Administration. The



Drew Angerer/Getty Images/TNS

Purdue Pharma headquarters in downtown Stamford, Connecticut, on April 2, 2019.

U.S. Court of Appeals for the Sixth Circuit in Cincinnati is now reviewing the requirement.

The requirement would apply to nearly 2 million Ohio workers, including about 300,000 in Franklin County, according to data from the Ohio Department of Job and Family Services.

Many companies, including some in Ohio such as FirstEnergy Corp. in Akron, encouraged the vaccine, while other major national firms started requiring it such as Citigroup, Anthem, CVS, General Electric, Microsoft and Walgreens.

In a survey from mid-November, after the OSHA rule had been halted, the advisory firm Willis Towers Watson found that 18% of U.S. employers required vaccinations, 7% planned to no mat-

ter the legal outcome of the rule, and 32% planned to if the OSHA rule takes effect.

How are large employers in Ohio reacting to the vaccine mandate's legal challenges?

Some large Columbus-area employers who have been at the forefront of COVID safety measures have stopped short of requiring vaccines.

JPMorgan Chase, the largest private employer in the area, requires non-vaccinated employees who work in the office to be tested for COVID at least twice a week. Chase also prohibits unvaccinated workers from attending company gatherings of more than 25 people. The company also requires all employees, vaccinated or not, to wear a mask in the office.

"We believe that regular testing is an important step

in preventing the spread of the virus in our locations," the company said in a memo to employees. "In the coming weeks, we will launch at-home rapid test kits to make required testing as easy as possible."

Others adapted their policies to the legal challenges, while continuing to encourage vaccines.

Like Nationwide, Worthington Industries halted its vaccine requirement plans.

"Since OSHA announced it was suspending all implementation and enforcement of the ETS (Emergency Temporary Standard), Worthington has put its ETS compliance efforts on hold at this time," according to a company spokesperson.

Procter & Gamble, based in Cincinnati, said soon after the court ruling that it was also delaying its vaccine requirement for its 26,000 workers.

American Electric Power also is keeping an eye on the OSHA legal case.

"We have strongly encouraged our employees to get vaccinated and have provided incentives to those who did," a company spokesperson said. "The OSHA rules are currently under judicial review. While we are closely monitoring the proceedings, we are not requiring vaccination or testing at this time."

Safelite does not require vaccines but would if the requirement takes effect.

"We support those who wished to be vaccinated and

will comply with any federal mandate that goes into effect," a company spokesperson said.

Employers are nervously tip-toeing around the issue, which has become politically charged and could damage their ability to attract and retain employees.

Many large Columbus-area employers including Honda, Kroger, Huntington and CoverMyMeds did not respond to Dispatch queries about their vaccine or testing requirements. Others, such as Cameron Mitchell Restaurants and White Castle, declined to comment.

"I think that a lot of the fear and the concern is growing out of other issues that exist, particularly the labor market concern," said Ben Shepler, a labor and employment attorney at Vorys Sater Seymour & Pease in Columbus.

"The biggest specific issue I'm hearing is, 'I cannot afford to lose folks.' And so I think that's going to drive a lot of a decision-making as to whether employers implement a full vaccine mandate or whether they allow for employees to opt for being tested weekly."

Shepler said that it may not survive legal challenges.

"It is certainly open to legal challenges on a variety of fronts," he said. "I would not be surprised if it ultimately never ended up going into effect."

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Producing an LA classic out of chaos

How 'L.A. Woman' was born out of Morrison's final sessions with the Doors

By **Randall Roberts**
Los Angeles Times

Los Angeles

During the period in late 1970 and early '71 when Jim Morrison and his bandmates in the Doors were recording their sixth and final studio album, "L.A. Woman," at their West Hollywood rehearsal space, the singer was drowning in a booze-fueled bender: drunk nearly every night but sober by morning and ambling across Santa Monica Boulevard for the day's session.

"When he got too drunk, he would become kind of an a—," recalls Doors guitarist Robby Krieger of Morrison during the "L.A. Woman" sessions, on the phone from his home in Benedict Canyon. "It got harder and harder to be close with him. He'd have his drinking buddies, and we were always trying to keep them from being together." Krieger's new memoir, "Set the Night on Fire: Living, Dying, and Playing Guitar With the Doors," doesn't pull any punches when it comes to Morrison's dark side, nor does it minimize his creative light.

"L.A. Woman" is the subject of a new reissue from Rhino Records. Called "L.A. Woman: 50th Anniversary Deluxe Edition," the physical set features a remaster of the album by original co-producer Bruce Botnick, two discs' worth of fascinating studio outtakes, extensive liner notes and a vinyl copy of the original stereo mix.

That Morrison, Krieger, drummer John Densmore and keyboardist Ray Manzarek managed to create "L.A. Woman" wasn't a foregone conclusion. After all, Morrison was the kind of guy who, after entering the Empire State Building in 1969 for a tour and boarding a crowded elevator, "swiped his hand across all the buttons, to the annoyance of all the other passengers who then had to wait as the elevator stopped at every single floor," Krieger writes in his memoir.

But the musicians were locking in at rehearsals and Morrison was writing, Krieger says. "Jim would stay in this crappy motel called the Alta Cienega, which was right across the street. That was good, because getting Jim to show up for recording sometimes wasn't easy. This time, because he was so close, he was usually the first one there."

By then, he'd become a certified rock star. Each of the Doors' earlier albums, including their early 1967 self-titled debut and their fall follow-up, "Strange Days," had gone platinum, though none had hit No. 1 until their third, "Waiting for the Sun," and its smash, "Hello, I Love You," in 1968.

Initially tentative during their early years at the Whisky A Go Go, by the time the Doors released "Morrison Hotel" in early 1970, Morrison and his bandmates had toured incessantly. Morrison's writhing, explosive performances made headlines, and were way wilder than those of pop-oriented



American rock group The Doors arrive at London Airport in 1968. From left, John Densmore, Robby Krieger, Jim Morrison and Ray Manzarek.

L.A. peers the Byrds, Joni Mitchell or the Mamas and the Papas. (As he was becoming Iggy Pop, young fan James Osterberg drew inspiration from Morrison at a Doors concert.)

Morrison had been increasingly tanked onstage across the band's two dozen shows in 1970, where the Doors were playing their hits alongside blues classics including Junior Parker's "Mystery Train," Willie Dixon's "Back Door Man" and John Lee Hooker's "Crawling King Snake," which they'd end up recording for "L.A. Woman."

"Jim loved singing the blues, especially when he was inebriated," says Botnick on the phone from his studio in Ojai.

At the Doors' disastrous Dec. 12, 1970, tour stop in New Orleans — Morrison's final concert — the rest of the band bailed on Morrison midset due to his narcissistic between-song tirades; at one point he told a misogynistic joke about a blind man passing a fish market and rambled on to a bored, restless crowd. During a stop in Dallas the night before New Orleans, they'd debuted then-new song "Riders on the Storm" and it had sounded great. "We thought, 'Wow, we're going to be a cool rock jazz group,'" says Densmore. "Then the next night Jim was so drunk it was terrible. I hated the erosion."

The drummer, who last year published "The Seekers: Meetings With Remarkable Musicians (and Other Artists)," hoped that by returning to L.A. they could gather themselves and figure out how to help Morrison. "I thought, 'F— man, if we don't get an album or two more out of Jim, so what? Maybe we'll save his life.'"

Their longtime producer Paul A. Rothchild, who at the time was mourning the October death of close friend Janis Joplin (he oversaw her album "Pearl"), had produced the Doors' most popular songs, including "Light My Fire," "People Are Strange" and "Love Me Two Times." He was scheduled to return for "L.A. Woman" but bowed out before the



American rock band The Doors performs at the Ondine Club in New York City, November 1966. From left, keyboard player Ray Manzarek, singer Jim Morrison and guitarist Robby Krieger.

sessions really began. Included among the outtakes and demos is a recording of early attempts at "Riders on the Storm," which are said to have prompted Rothchild to dismiss the song, and the band's direction, as "cocktail jazz."

Krieger disputes this telling of Rothchild's departure, though. "The real reason was that he'd just done Janis and then she died. He had the feeling that something might happen if he produced our album." Rothchild, continues Krieger, "didn't want to be known as the guy who produced somebody and then they died."

Aiming to record in a comfortable spot instead of their usual Sunset Sound, Botnick and band set up a studio at their rehearsal space, called the Doors Workshop, at 8512 Santa Monica Blvd.

Morrison's return from touring meant the reemergence of his enabling sycophants. In his 1998 memoir, "Light My Fire: My Life With the Doors," Manzarek described these hangers-on as "reprobates, degenerate indentured servants, slimeballs, and general Hollywood trash."

"On Sundays, when we were off, he would go to bars, get drunk, and crash his car," wrote Manzarek.

Still, somehow from this chaos came one of the great songs about Los Angeles.

"L.A. Woman" is in three parts because we didn't get it all at

once," Botnick recalls of the process. "It was a fairly complicated song, and to get it to sound uncomplicated took a little bit of woodshedding." The new 50th-anniversary edition includes all 40 minutes of the band's recorded attempts at nailing "L.A. Woman."

"That album was the first time that we actually wrote songs together as a whole band," says Krieger, noting that to free themselves up musically they had hired bassist Jerry Scheff, who was then in Elvis Presley's TCB Band, and rhythm guitarist Marc Benno. For the title track, "I was free to play my leads without having to overdub them later," explains Krieger. "Jim was singing in the bathroom, and he could hear everybody."

What Morrison wrote and sang attempted to capture the essence of Los Angeles through an extended metaphor:

I see your hair is burning
Hills are filled with fire
If they say I never loved you
You know they are a liar
Driving down your freeways
Midnight alleys roam
Cops in cars, the topless bars
Never saw a woman so alone.

For Botnick, "The 'woman so alone' is Los Angeles, and it shows what he thought of the city and how he lived in it, down to the Hollywood bungalows." "What's so brilliant

about Jim on 'L.A. Woman,'" says Densmore, "was his idea of writing about our town as a woman. 'I see your hair's burning, the hills are filled with fire.' ... That's our fires."

Across seven epic minutes, the band maneuvers through the measures as if winding along Mulholland at midnight. When the singer hits the words "Mr. Mojo Risin'" — an anagram of "Jim Morrison" — the band moves into the bedroom.

"Mr. Mojo Risin' is a sexual term," says Densmore, "so I suggested that we slowly speed the track back up, kind of like an orgasm." The aim was to return the tempo to the same rate as when the song began. "I think I overshot it a little," Densmore says with a chuckle.

The true revelation in the demos, though, is how sober and excited Morrison sounds. Between takes on the haunting "Riders on the Storm," he playfully starts singing the theme to the Western TV show "Rawhide." "I don't follow orders. I'm just a dumb singer," he says after another take.

For Krieger, hearing those outtakes offered a reminder of the ways in which musical connection manifests itself. "There's magic in that one take," he says. "The other ones are very similar but the magic just wasn't there. It shows you how lucky you have to be to capture it."

They weren't uniformly lucky on the

album, which remains a polarizing listen that often finds Morrison adopting the demeanor of a cigarette-stained prowler who boasts and moans his way through simply written blues lyrics. Capturing the tenor of Manson Family-era L.A., the album's inner sleeve included an image of a naked, lifeless woman being crucified on a telephone pole. The Doors' label, Elektra Records, also used the illustration for an eerie Sunset Boulevard billboard. The marketing campaign worked. "L.A. Woman" sold more than 2 million copies.

Reviewing in *New Musical Express* upon its release, critic Roy Carr called it "one of their best in sometime," praising it with a notably backhanded compliment: "Accusations of it being insipid, tired and monotonous are, for the most part unfounded, for many cuts on this album have great depth, vigour and presence."

"The Rolling Stone Record Guide" gave the album five stars. Morrison's critics, though, were many. Most memorably, critic Lester Bangs explored his allure in a 1981 essay called "Jim Morrison: Bozo Dionysus a Decade Later."

"One thing that can never be denied Morrison," wrote Bangs, "is that at his best (as well as perhaps his worst, or some of it at any rate) he had style, and as he was at his best as a poet of dread, desire and psychic dislocation, so he was also at his best as a clown."

By 1971, Morrison didn't seem much concerned with his public image. He'd nearly quit music a few years earlier to pursue poetry, self-publishing books as James Douglas Morrison. With the "L.A. Woman" recording sessions in the can, Morrison decided to fly to Paris for an extended stay with his girlfriend, Pamela Courson.

After the album's release in April 1971, Densmore received an out-of-the-blue phone call from Morrison. "He seemed a little loopy and I thought, 'Aw, f—,'" says Densmore. "But I loved that he was calling me to find out how 'L.A. Woman' was doing, and I was excited to tell him that 'Love Her Madly' was a big hit."

Densmore told Morrison that "Riders on the Storm" would be the next single. "He said, 'Great,' and that he'd be back eventually."

Morrison died on July 3, 1971, of heart failure in the bathtub of his and Courson's apartment at 17 rue Beautreillis.

In the decades since Morrison's death, Densmore says that he's regularly been asked if he thought Morrison could have avoided his fate and gotten clean and sober had he not gone to Paris. "I used to say, 'No, he was a kamikaze drunk,'" says the drummer. "But I've changed that answer. It's a different time. Substance abuse clinics weren't cool. Now, angry, creative guys like Jim are clean and sober. And why not? Jim was smart."

The original cookie leavener you've never heard of

It has been replaced with baking powder

By Ben Mims
Los Angeles Times

Before there was baking soda or baking powder, there was ammonium carbonate, or "baker's ammonia." A couple centuries ago, it was made from the distillation of oil from deer antlers (from whence it was known as, appropriately, "hartshorn"), and was used as a common leavening agent in many European baked goods. Commonly available in drug stores in the past, now it is virtually unheard-of because baking soda and baking powder do just as good of a job leavening cookies, as well as cakes and breads — and without ammonium carbonate's distinct, well, odor.

Once the chief ingredient in smelling salts, ammonium carbonate has a stench that, if you own a cat, you are very familiar with. (In Marcus Nilsson's recipe for drömmar, or Swedish dream cookies, in his cookbook, "The Nordic Baking Book" [Phaidon, 2018], he refers to the leavening agent as "piss salt.") Thankfully, though, ammonium carbonate decomposes when heated into two



Dreamstime / TNS

Once used before baking powder and soda, ammonium carbonate is used to achieve a light and airy texture in cookies.

chemicals: carbon dioxide, which leavens the dough, and ammonia, which dissipates, leaving no aroma behind in the finished product. It works best in cookies and thin crackers where there's plenty of surface area for the ammonia to dissipate and where an exceedingly crisp texture is desired.

Baker's ammonia is still available, though, to get that authentic texture in some old-school European baked goods, especially the aforementioned Swedish dream cookies, from which my Eggnog Dreams take their inspiration. The cookies are called dreams because they dissolve quickly in your mouth,

thanks to their lighter-than-air texture and honeycomb-like crumb courtesy of the baker's ammonia.

Ammonium carbonate is available through King Arthur Baking Company and on Amazon, but if you don't want to go through the trouble of procuring it, you can easily substitute it with

baking powder. However, the texture of the finished cookie will be crisp outside and slightly chewy inside as opposed to meltingly brittle and crisp throughout with the baker's ammonia.

If you're going to work with baker's ammonia, though, know that now is the best time since you now own an item that

will make handling it more pleasurable: a face mask. Simply put your face mask on and open a window in your kitchen while measuring it and portioning and baking the dough to prevent any malodorous smell from lingering.

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Linda Gassenheimer / TNS

Skillet Lamb and Lentils.

Easy 1-pot lamb recipe a family pleaser

Make extra for an easy lunch the next day

By Linda Gassenheimer
Tribune News Service

Here's a warm and comforting meal that can be made in minutes using only one pot. For this easy dinner, tender lamb cut for kabobs and fragrant spices cook with canned lentils. It's a family pleaser.

This recipe tastes great a second day. If you have time, make double the recipe and save half for another quick meal.

Helpful Hints:

► Using frozen chopped onion helps cut down on preparation.

► Use any type of pasta sauce.

► A quick way to chop cilantro is to snip the leaves from the stems

with a scissors.

► If the skillet becomes dry before the lentils are cooked, add a little water.

Countdown:

► Prepare ingredients.

► Complete dish.

Shopping List:

To buy: 3/4 pound lamb cubes (cut for kabobs), 1 package frozen chopped onion, 1 container minced garlic, 1 bottle ground cumin, 1 bunch fresh rosemary, 1 jar pasta sauce, 1 can lentils, 1 package washed, ready-to-eat spinach and 1 bunch cilantro (optional garnish).

Staples: olive oil, salt and black peppercorns.

Skillet Lamb and Lentils

Recipe by Linda Gassenheimer

1 tablespoon olive oil
3/4 pound lamb cubes

(cut for kabobs), about 1-inch cubes

Salt and freshly ground black pepper

2 cups frozen chopped onion

2 teaspoons minced garlic

2 teaspoons ground cumin

1 tablespoon fresh rosemary or 2 teaspoons dried rosemary

1 cup pasta sauce

1 cup rinsed and drained canned lentils

4 cups washed, ready-to-eat spinach

1/4 cup cilantro leaves (optional garnish)

Heat oil in a medium-size nonstick skillet over high heat. Add the lamb cubes and brown for 2 to 3 minutes, turning the cubes to make sure all sides are browned. Add salt and pepper to taste. Remove to a plate.

Lower heat to medium high. Add the onion and

garlic. Cook 2 minutes. Add the cumin and rosemary. Cook another minute. Add the pasta sauce and lentils. Cook 2 minutes. Return the lamb to the skillet along with the spinach. Cook 2 minutes or until the spinach wilts. Divide between 2 dinner plates. Sprinkle cilantro on top (optional garnish).

Yield 2 servings.

Per serving: 569 calories (30.4% from fat), 19.2 g fat (4.7 g saturated), 7.8 g monounsaturated, 111 mg cholesterol, 49.5 g protein, 51.4 g carbohydrates, 15.4 g fiber, 210 mg sodium.

(Linda Gassenheimer is the author of over 30 cookbooks, including her newest, "The 12-Week Diabetes Cookbook." Listen to Linda on www.WDNA.org and all major podcast sites. Email her at Linda@DinnerInMinutes.com.)

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Make delicious pork chops in 20 minutes

By Linda Gassenheimer
Tribune News Service

Whiskey lends an intriguing flavor to this simple French pork dish. This is a hearty meal and takes about 20 minutes to make from start to finish.

Helpful Hints:

► You can buy whiskey in small splits at most liquor stores.

► Look for low-sodium, canned diced tomatoes in the market.

► Find minced garlic in the produce section of the market.

Countdown:

► Prepare first nine ingredients.

► While lentils cook, prepare mustard, whiskey and parsley.

► Cook mustard sauce and finish dish.

Shopping List:

To buy: 2 6-ounce boneless, center loin pork chops (3/4 to 1-inch thick), 1 can lentils, 1 can low-sodium diced tomatoes**, 1 package fresh rosemary, 1 small bottle whiskey, 1 jar Dijon mustard, 1 yellow onion and 1 bunch parsley.

Staples: olive oil, fat-free, low-sodium chicken broth*, minced garlic, salt and black peppercorns.

Shop Smart:

* Fat-free, low-sodium chicken broth, containing per cup: 20 calories, 0 g fat, 150 mg sodium.

** Canned low-sodium, no-sugar-added diced tomatoes, containing per cup: 41 calories, .3 g fat, .04 g saturated fat, 24 mg sodium.

Whiskey Pork Chops with Rosemary Lentils

Recipe by Linda Gassenheimer

2 6-ounce boneless, center loin pork chop (about 3/4 to 1 inch thick)

2 teaspoons olive oil

1/2 cup chopped yellow onion, diced

2 teaspoons minced garlic

Salt and freshly ground

black pepper
3/4 cup fat-free, low-sodium chicken broth*

2 cups drained, low-sodium, canned diced tomatoes**

1 cup rinsed and drained canned lentils

1 teaspoon fresh rosemary (1/2 teaspoon dried)

1/2 cup whiskey

2 tablespoons Dijon mustard

1/4 cup chopped fresh parsley

Remove visible fat from pork chops. Heat oil in a large nonstick skillet over medium-high heat. Add pork chops, onion and garlic. Brown the pork on both sides, 1 minute per side. Sprinkle with salt and pepper to taste. Add broth, tomatoes, lentils and rosemary. Stir well. Bring to a simmer, lower heat to medium-low. Cover with a lid, and simmer 5 minutes. A meat thermometer should read 145 degrees for the pork. Remove the pork and lentils to two dinner plates. Add whiskey to the remaining juices in the skillet. Raise the heat to high and reduce by half. Add the mustard and blend in to make a smooth sauce. Slice the pork and place on top of the lentils. Spoon the sauce over the sliced pork. Sprinkle parsley on top. Serve on two dinner plates.

Yield 2 servings.

Per serving: 599 calories, 111 calories from fat, 12.3 g fat, 2.7 g saturated fat, 6.1 g monounsaturated fat, 120 mg cholesterol, 51.8 g protein, 37.3 g carbohydrates, 12.1 g dietary fiber, 9.5 g sugars, 560 mg sodium, 1696 mg potassium, 688 mg phosphorus.

Exchanges: 2 starch, 2 vegetable, 6 lean protein, 1 alcohol.

(From "Delicious One-Pot Dishes" by Linda Gassenheimer, published by the American Diabetes Association. Reprinted with permission from The American Diabetes Association. Gassenheimer's latest book is "Simply Smoothies: Fresh & Fast Diabetes-Friendly Snacks & Complete Meals," published by the American Diabetes Association. To order either book call 1-800-232-6733 or at www.shopdiabetes.org.)

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Matt Cashore / USA Today Sports

Notre Dame Fighting Irish head football coach Marcus Freeman speaks during his formal introduction Dec. 6 on the campus of the University of Notre Dame.

THE PERFECT FIT FOR THIS ERA

Marcus Freeman looks like a great hire for Notre Dame

By Paul Sullivan
Chicago Tribune

It's impossible to know whether Notre Dame coach Marcus Freeman will be the next Knute Rockne or the next Charlie Weis.

The 35-year-old Freeman has no head coaching experience and was a relative unknown less than a year ago before being hired as the Irish defensive coordinator to replace the departed Clark Lea.

But one thing we do know is Freeman won't be Brian Kelly, and that's a very good thing for the university and its national fan base.

You could tell Monday from the comments on the YouTube stream of Freeman's introductory news conference that Irish fans are excited about the change. Some referred to "Bayou Brian" and called Kelly a "snake," while Freeman was greeted like a conquering hero — and a good-looking one at that.

"I can't decide who's hotter," one commenter said. "Marcus or Brady (Quinn)?"

It's a new era, so maybe it's time for the Irish to join it.

Notre Dame has gambled on risky hires and lost. The names Gerry Faust and Weis immediately spring to mind.

But those hires were from a prehistoric era, before playoff games and the "E-ZPass" transfer portal that allows players to move more freely from one program to another. Freeman seems like he belongs and is confident in his ability to lead.

"I'm ready," he said Monday. "I'm ready for this challenge and I'm ready to lead this program to its greatest heights."

It was a wild week for the Irish once the news broke of Kelly's departure to LSU. Athletic director Jack Swarbrick acted quickly in promoting Freeman at the expense of a search that might have reeled in a bigger name such as Cincinnati's Luke Fickell — Freeman's former position coach at Ohio State and his boss with the Bearcats from 2017-20.

Swarbrick said Monday he spoke with Notre Dame's seven captains about the "culture" the players had built in South Bend, and that made the decision easy for him.

"Their message, stated clearly and convincingly, was 'Jack, don't screw this

up,'" he said. "I got the message."

Swarbrick said Freeman "won the job" on his own, though the core of this Irish team made its voices loud and clear. He didn't mention Kelly's role in developing that culture — or Kelly's name at all for that matter. Rev. John Jenkins, the university president, also didn't mention Kelly during his remarks, which were bland enough for one YouTuber to comment: "Annnnd this is why I fall asleep in church."

Kelly is the winningest coach in Notre Dame history, surpassing Rockne on Sept. 25 with a 41-13 win over Wisconsin at Soldier Field. But he knew what his legacy would be, even before fleeing to the bayou for a reported 10-year, \$95 million deal at LSU.

"I can tell you exactly where I sit in Notre Dame history," Kelly said upon moving past Rockne. "The coach that won more games than hasn't won a national championship. That's where I'll sit."

That was back when Kelly spoke in plain English. He apparently decided to adopt a Southern accent to ingratiate himself with the locals and tried it out before Tigers fans at a basketball game last week.

By the time LSU's 2022 season begins, Kelly might go full-on Jed Clampett and start yelling "Weeee, doggie!" during postgame interviews. We can only pray.

Meanwhile, Freeman will be trying to do what Kelly could not — win a national championship with a football program blessed with a built-in recruiting edge no one else has. Virtually every Irish game is guaranteed to be on national TV, including all of their home games on NBC (with the exception of a Sept. 11 win over Toledo that was streamed on NBC's Peacock service).

Freeman fully expects to win a championship at Notre Dame — and quickly.

"We're not there yet, but we're close," he said. "And it can be done right away. We're not talking about a future, long-term plan."

There's no reason for Notre Dame not to win a national title, and like Kelly, Freeman eventually will be judged on whether he can take the Irish to that level.

With a little luck, his first game could've been in this season's College Football Playoff. Notre Dame beat

everyone on its 2021 schedule except Cincinnati, but that head-to-head loss proved significant when the Bearcats finished unbeaten and made the CFP as the No. 4 seed.

Was the one-loss Michigan team really better than the one-loss Notre Dame team by the end of the season? We'll never know, but hopefully an eight- or 12-team playoff will be adopted to settle such matters down the road.

Freeman spoke of creating a "golden standard" at Notre Dame, one that "will drive this football program to its 12th national championship." The Irish have been stuck on 11 since way back in 1988, another era in college football and three years before Notre Dame's unprecedented agreement with NBC to televise all of its home games.

NBC isn't just a TV partner. Its broadcasts help sell the program, whether by continually lauding the school's history or showing off the beauty of its South Bend campus with the colors turning on late fall afternoons. Touchdown Jesus gets more air time than any player.

There's no cutting away from the game afterward for the next kickoff. Even during blowouts, Irish fans watching on NBC patiently wait for the game to end and the team to gather in the end zone to sing the school's alma mater, "Notre Dame, Our Mother," along with the students and fans.

And thanks to Hollywood and then-actor Ronald Reagan, the Rockne name remains the most famous in college football history. Whether it was actually uttered or not, Reagan's "Win one for the Gipper" line from "Knute Rockne, All American" is one of sports' most well-known quotes, on par with "Say it ain't so, Joe," and "Winning isn't everything; it's the only thing."

You can't buy the kind of publicity Notre Dame gets just for being Notre Dame, and when the football team is winning, the broadcasts can become a recruiting infomercial. Now comes Freeman to give the program a younger, hipper, more energetic and straighter-talking presence than his predecessor, while also promising to be a "relentless recruiter."

Luck of the Irish at last.
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Former Wild coach Yeo, GM Fletcher on the clock in Philly

By Sam Carchidi
The Philadelphia Inquirer

Mike Yeo's first game as the Flyers' interim head coach Monday had some good moments — Oskar Lindbom's first goal of the season, the offense finally waking up to the tune of five goals, Claude Giroux scoring twice and playing with unbridled passion — but at the end of the night, the team's losing streak was firmly intact.

Colorado 7, Flyers 5.
But, hey, Fred Shero's first game as the Flyers' coach ended with a loss 50 years ago, and he seemed to do all right.

No one is saying Yeo will be the second coming of Shero, a Hockey Hall of Famer who led the Flyers to two Stanley Cups.

We are saying Yeo deserves some time before any judgment is made.

Named the interim coach Monday after Alain Vigneault was fired, Yeo will probably get the final 60 games before general manager Chuck Fletcher, the architect of this struggling team, decides whether he wants to keep him or go in another direction.

Patience will be required because Yeo is trying to implement a more attacking style that can sometimes sacrifice defensive principles.

That was apparent Monday, as the Flyers, losers of nine straight, were sloppy with the puck and committed too many penalties against the explosive Avs, who went 3 for 5 on the power play.

Schooling needed

"I didn't think we were just going to come here, snap our fingers, and everything was going to be great for us," Yeo said. "After the game, my message to the players was that this is a period where we have to go to work and go to school."

Colorado had 50 shots on goal, the second-most ever allowed by the Flyers in a home game in franchise history.

Players may have to stay after school for extra tutoring.

"Obviously, we have a lot of work to do," said Sean Couturier, who centered a new top line that included Lindbom and Travis Konecny. "We need to possess the puck a little better. I thought our forecheck created turnovers at times, and at other times, we made mistakes. We have to stick together and good things will come."

The first game under Yeo ended the same way as the

last game of the Vigneault era — with the Flyers surrendering seven goals in a loss. It marked the first time since 1993 that the Flyers had allowed at least seven goals in consecutive games.

On the flip side, the Flyers scored more than three goals for the first time in 18 games — and they didn't quit, like they did on Vigneault in the 7-1 loss Sunday to Tampa Bay that sealed his fate.

From here, the Flyers didn't need a new coach. They need better personnel, better draft selections, more speed and youth, and more consistent goaltending.

Difficult hand

In other words, Yeo has been dealt a difficult hand. Just like Scott Gordon when he was named the interim coach after Dave Hakstol was fired three years ago.

Gordon had developed most of the Flyers' younger players in the minors, and shortly after he replaced Hakstol, he led the Orange and Black on an 18-4-2 run that put them back in the playoff hunt. But Gordon, predictably, was bypassed as Fletcher wanted his own guy. In 2015, Gordon had been hired to coach/ the AHL's Phantoms by Ron Hextall, the Flyers' previous GM.

So Fletcher went with Vigneault, a safe pick based on his experience and coaching record.

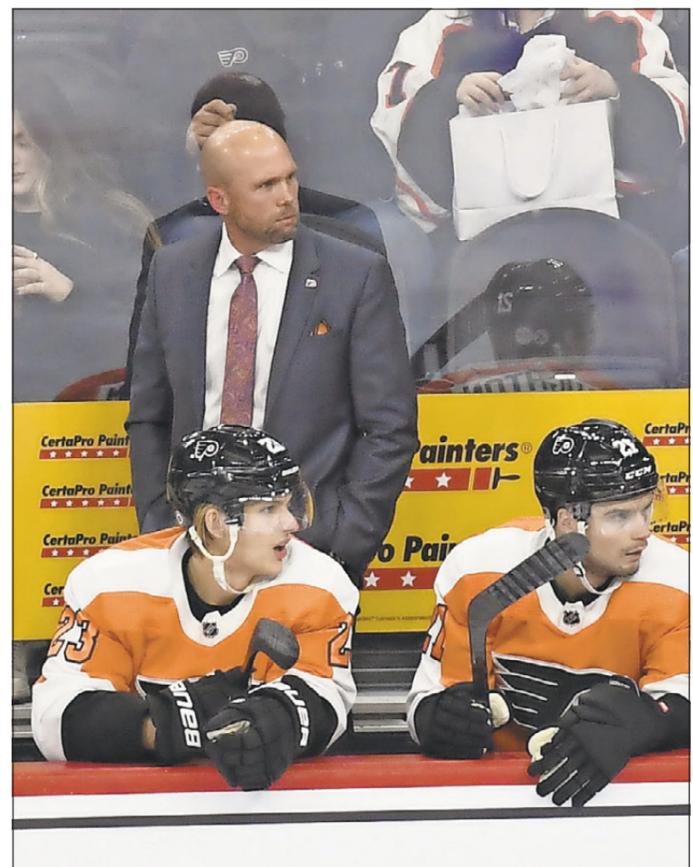
Yeo has a long history with Fletcher — they worked together both in Pittsburgh and Minnesota — and, because of that, he seemingly has a better chance to remain than Gordon did. That said, the Flyers would probably have to earn a playoff berth for Yeo to have the "interim" label removed and stick as head coach.

Giving the coach — whether it's Yeo, Rick Tocchet, John Tortorella or an out-of-the-box choice like Danny Briere (currently President and Governor of the ECHL's Maine Mariners, who are owned by Comcast Spectacor) — more young, speedy talent is more important than the identity of the person behind the bench.

It's Fletcher's job to get those type of players, to finally do a full rebuild, to trade some of his veterans for draft picks and make the future, not the present, the priority.

After yet another coaching change, the Flyers' sixth in the last eight seasons, it is now Fletcher who is on the clock as much as Yeo.

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Eric Hartline / USA Today Sports Philadelphia Flyers interim head coach Mike Yeo behind the bench against the Colorado Avalanche during the first period Monday at Wells Fargo Center in Philadelphia.

PODCASTS:

Three-time Olympian Natalie Darwitz, who played at Minnesota, talks about her return to the Gophers program.

THERINKLIVE.COM

THE RINK LIVE QUESTION OF THE WEEK

What's an area of the game that the team you cover needs to improve?

Hatten (SCSU): Surprisingly, it is playing a more disciplined game. SCSU has lost four of its last five games. In the four losses, the Huskies have 76 penalty minutes, an average of 19 minutes-per-game. That's too much time killing penalties and not using the team's depth to its advantage.

Wellens (UMD): As coach Scott Sandelin said Saturday after getting swept at Northern Michigan, the Bulldogs need to get healthy. Illness and injuries have left them without key players at center and in goal the last two weeks. UMD has had no healthy scratches the last two Saturdays.

Schlossman (UND): UND has lost five regulation games this season. In all five, they've either been called for a five-minute major or they've given the opponent a full two-minute 5-on-3 power play. Discipline is key for the Fighting Hawks.

Myers (Minnesota): After Saturday's loss at Michigan, which made it five weekend splits in a row, coach Bob Motzko joked about the Gophers' "consistency." That's been their biggest challenge through 18 games is the consistency to put together 120 minutes of winning hockey in a weekend.

Babcock (BSU): One thing I think Bemidji State could improve on is its home record. It's kind of fascinating to me that there's such a discrepancy between the Beavers' results at home (2-4) and on the road (8-2), and I don't necessarily think it's tied to anything in particular. But I'm sure coach Tom Serratore and his players want to win at a higher rate in the Sanford Center.

Frederick (MSU-Mankato): Giving up 1.33 goals per game, Minnesota State has little to improve on the defensive front. Impressively, of the 24 goals they've allowed in their 18 games, half have come in even-strength situations. But with the 18th-ranked penalty kill in the country at 84.8%, I think the Mavericks would like the PK get better.

Have a question for us? Follow @TheRinkLive on Twitter and use #asktherinklive

'HE ACTS LIKE AN OLD PRO'

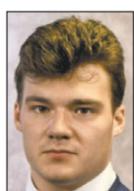
Pearl has the look of a veteran ... and an 18-year-old for SCSU

Mick Hatten
Forum News Service

St. Cloud, Minn.

Early on in his college career, Jack Pearl has discovered that he and St. Cloud State equipment manager Jeremiah Minkel have some things in common.

The Huskies men's hockey team practices in the morning and Pearl can be found regularly spending time with



Pearl

the staff member with the most seniority with the program regularly before practice.

"He's extremely low maintenance," Huskies head

coach Brett Larson said of Pearl. "He acts like an old pro. It's funny because he's in having coffee with Miah most mornings before practice starts. He just shows up and does his work every day. There's not a lot of highs and lows. It's almost a pro mentality of show up, get the work done and be a good teammate ... It's old school and refreshing."

Minkel is in his 22nd season with the program. So what does he talk with the 18-year-old Pearl about?

"He loves fishing," said Pearl, who is from Grand Rapids. "We tell some fishing stories and he knows one of my buddies back home and fishes with him sometimes. We have a couple things in common we talk about."

"Miah makes coffee for all the boys in the morning. It's good to sit in there and chit-chat with him."

Highly acclaimed

Pearl joined the Huskies with one of the most impressive hockey resumes for any freshman. Drafted in the second round by the Minnesota Wild (54th overall) in last summer's draft, he is the seventh-highest draft pick to play for St. Cloud State.

He is the second St. Cloud State player (Nate Dey, 2003) who has been named Mr. Hockey in the state of Minnesota during his high school career. Most of this season, Pearl has been the defensive partner of senior Nick Perbix, a sixth-round draft pick of the Tampa Bay Lightning. Perbix sees similarities between Pearl and Jack Ahcan, a former St. Cloud State All-American who made his NHL debut with the Boston Bruins last season.

"You wouldn't know he's an 18-year-old if you just watch him play," Perbix said of Pearl. "But then in the locker room,



Photos by Jason Wachter / The Rink Live

St. Cloud State defenseman Jack Pearl (23) fights for the puck against University of St. Thomas forward Matthew Jennings (9) in the first period Oct. 3 at the Xcel Energy Center in St. Paul.



St. Cloud State defenseman Jack Pearl (23) skates with the puck against Minnesota State University-Mankato in the first period Oct. 8 at the Mayo Clinic Health System Events Center in Mankato.

he has his moments when you can tell he's a young kid. It's hilarious. I love it. We have a lot of back and forth. We sit pretty close next to each other. We kind of chirp each other a lot. That's the stuff I love. That's what brings teams closer.

"I love playing with him. He's got a crazy amount of skill and he reminds me a lot of Jack Ahcan, who I played with for two years."

Making adjustments

Pearl has six points, is even in plus/minus, 14 penalty minutes and has 10 blocked shots in the first 10 games. Pearl and Larson admit that it has not all been smooth sailing in the early part of the season.

"Defending is definitely harder," said Pearl, who played

33 games of junior hockey for the Fargo Force before and after the high school season in 2020-21. "Everyone is bigger, faster. Especially being on the big sheet here, forwards have more ice to work with. Closing gaps and playing body are the two biggest (challenges)."

"I think consistency is one of the biggest things in hockey. I know I've been a little disappointed when I haven't played my best on Friday nights. But it's good to bounce back and it's definitely a learning lesson."

His resiliency and ability to make adjustments from game to game have impressed Larson.

"What's neat about him is you can see what a good player he is and you can see the

player he's becoming," Larson said. "But you can also see how tough the transition is to this level, especially with the schedule we've had. I thought Friday night at Mankato and Friday night at Minnesota, you could see that he was a freshman and had to learn. But what I really love about his game is the ability the next night to step in and be a go-to player."

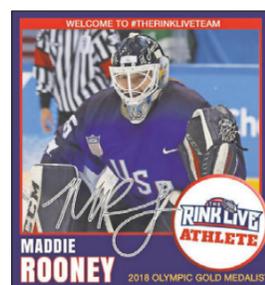
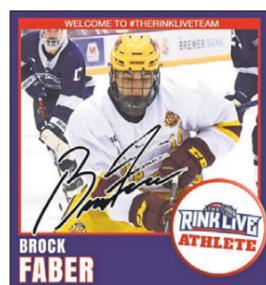
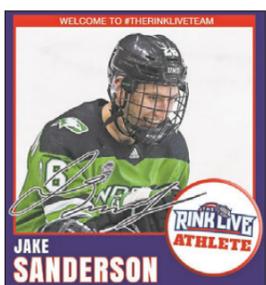
"That tells me that he's able to learn what he's going through, not get down because of it and show up the next night and be even better. That's a sign to me that Jack's heading in the right direction. It isn't easy for anybody with the transition to college hockey. But he's been able to bounce back and keep getting better."

Pearl is one of four freshmen on the SCSU roster and its lone teenager on a team that has five players who are 24 or older and there are 11 players who are either seniors or fifth-year college players.

"All of the guys have been awesome and welcoming all the freshmen in with open arms and including us in on everything," Pearl said. "It can be a little tough doing that as an upperclassman, a guy who is potentially coming in to play over you. But everyone's been really good about it. Everyone just loves showing up to the rink every day and working to earn a spot."

Mick Hatten can be reached at mhatten@forumcomm.com. Follow him @MickHatten on Twitter, Instagram.

Introducing The Rink Live team



Five players have signed as representatives of The Rink Live, a Forum Communications website dedicated to coverage of all levels of hockey.

The website is partnering with the athletes to expand its brand and reinforce The Rink

Live as the go-to destination for North Dakota and Minnesota hockey coverage.

The Rink Live announced its first athlete Nov. 22 by unveiling USA goaltender Maddie Rooney, a 2018 Olympic gold medalist and former player for

the University of Minnesota Duluth, as a team member.

The remaining players are all standout Division I athletes, who are allowed to represent brands after the NCAA changed its policy to allow college athletes to benefit from name,

image and likeness opportunities.

The players are Jake Sanderson of the University of North Dakota, Blake Biondi of Minnesota Duluth, Jack Pearl of St. Cloud State and Brock Faber of the University of Minnesota.