



the Detroit Lakes Tribune

Racers lurch forward during the shotgun start of the DL One Lunger 100 on Detroit Lake in Detroit Lakes on Saturday.
Photos by Michael Achterling / Detroit Lakes Tribune

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WINTER RACING HITS THE LAKE

ONE LUNGER 100 HELD SATURDAY ON LITTLE DETROIT

By Michael Achterling
Detroit Lakes Tribune

The green flag dropped just after noon on Saturday, which triggered more than 80 vintage snowmobile racers to hit the gas for the shotgun start to the 2022 One Lunger 100 on Detroit Lake.

Groomers paved a manicured 4-mile trail filled with abrupt turns, straightaways and a

section of moguls into Detroit Lake for the Jan. 22 race.

Grady Shearer, one of the event organizers and a racer himself, said this fourth DL Lunger 100 means a lot because they needed to cancel last year's event due to the pandemic. He also said vintage snowmobilers share a unique camaraderie.

"There's a lot of guys that are into that

kind of thing, or had dads that race and they become part of the racing community," said Shearer. "It's good to get of the house, especially after the whole COVID thing, guys like to come out and get some fresh air, even if it's cold."

He said the 4-mile course should be challenging and fun for the racers this year.

RACING: Page A11



A racer gets air in the Cody Martin mogul section of the 4-mile snow track during the DL One Lunger 100 on Detroit Lake in Detroit Lakes on Saturday.

MMCDC a force for good, in big ways and small



Tribune file photo

Midwest Minnesota Community Development Corporation of Detroit Lakes has been awarded a \$75,000 grant to help emerging entrepreneurs from traditionally underserved populations.

By Nathan Bowe
Detroit Lakes Tribune

Think the Midwest Minnesota Community Development Corp. in Detroit Lakes only tackles big projects, like the multi-million dollar renovation of the historic Graystone Hotel and Annex in Detroit Lakes?

Think again.

The MMCDC has quietly made a big difference – from Detroit Lakes to Frazee to Lake Park to Perham – in a

lot of little ways over the past few years. Here's some examples, from interviews and the MMCDC website:

In Audubon, the MMCDC purchased Zephyr Estates, an 8-unit USDA Rural Development apartment building, in 2016 and worked with the U.S. Dept. of Agriculture to keep the rent affordable – less than \$400 for a two-bedroom apartment.

MMCDC owns well-

run, well-maintained apartment units like Zephyr Estates in more places than you might realize: There's Eastside Apartments in Lake Park; Barbara Avenue apartments and West River Townhomes in Detroit Lakes; the Gardenview Apartments, Summerplace and New York Mills Home in New York Mills, the Graystone Annex and Graystone Hotel apartments in Detroit Lakes; Jef-

erson apartments in Mahnomen; and Meadow Run and Pine Villa apartments in Menahga, among others.

In Frazee, four new homes were built on blighted property, courtesy of MMCDC.

A few years ago, Nicole Kirchner vice president of

MMCDC: Page A11



Kirchner

New ownership at Papa Murphy's in Detroit Lakes

By Nathan Bowe
Detroit Lakes Tribune

After nearly 20 years as owner of Papa Murphy's take-and-bake pizza in Detroit Lakes, Helen Foltz is retiring, and the pizza shop has been sold to Megan and Clinton Smith.

A big retirement party for Foltz, 55, will be held from 5 p.m. to 8 p.m. Wednesday, Jan. 26 at Detroit Mountain Recreation Area. Fam-

IF YOU GO

What: Helen Foltz's retirement party

When: Wednesday, Jan. 26, from 5 p.m. to 8 p.m.

Where: Detroit Mountain Recreation Area

How: There is no admission fee for the event, which is open to the community.

ily, friends and community members are all welcome.

"I definitely will

miss my customers, my employees and being at the store," Foltz said. But she isn't moving somewhere warmer and she isn't going to stop being active in the community.

"One of my goals the whole time I was at Papa Murphy's was to support the community in every way I could," Foltz said in an interview. That's why she

OWNER: Page A11



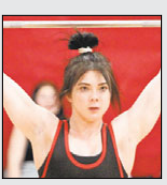
Retiring Papa Murphy's owner Helen Foltz, left, and new owner Megan Smith at the take-and-bake pizza place in Detroit Lakes.

By Nathan Bowe

INSIDE

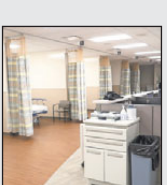
SPORTS

DL weightlifting team making a name for itself
Page 7



NEWS

No quick access to monoclonal antibodies for COVID
Page 5



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'Knave of Hearts' one-act play

DL's middle school auditorium to host one-act play competition Jan. 27

By Vicki Gerdes
Detroit Lakes Tribune

For high school sports fans, January is a month filled with basketball and hockey games, skiing competitions, wrestling and gymnastics meets. But for theater buffs, it's all about the one-act play.

"I like the competition part of it," says Detroit Lakes High School senior Victor Jiminez,

PLAY: Page A11



Vicki Gerdes / Tribune

The cast of the Detroit Lakes High School one-act play, "The Knave of Hearts," is preparing to host the Subsection 8AA one-act competition this Thursday, Jan. 27 at the middle school's George Simson Auditorium. Six schools will compete in the subsection event, which gets underway at 5 p.m.

COURT NEWS

Two face first-degree drug charges for meth, fentanyl and cocaine

May Gabriella Durant, 48, of Park Rapids and Francis Edward Durant, 51, of rural Ogema have been charged with first-degree controlled substance crime in Becker County District Court.

Francis Durant has also been charged with a second felony count of first-degree drugs and a felony charge of being a felon in possession of a gun.

According to court records, on Jan. 7, law enforcement officers executed a search warrant on a residence in Ponsford, where the two were staying in the basement.

Francis Durant was arrested on an active warrant. A Smith and Wesson .45 caliber handgun was in a jacket pocket belonging to him. Ammunition was also found throughout the residence. Francis Durant was convicted of terroristic threats in 2003 and is not allowed to possess guns or ammunition.

In a basement bedroom, multiple bags of methamphetamine were found, weighing 55.9 grams. A fentanyl and cocaine mixture was also found in the basement, weighing 63.9 grams.

A large amount of cash was found in the basement, including in May Durant's purse. In a post-arrest interview, Francis Durant admitted ownership of the drugs and firearm, and said he intended to sell the drugs. He said May Durant was aware of what was happening.

On Jan. 10, District Judge Gretchen Thilmoney set cash bail for May Durant at \$2,000 or bond at \$30,000, under standard conditions of release, or bond at \$60,000 bond with no conditions. She posted bail and was released.

Cash bail for Francis Durant was set at \$75,000 or bond at \$75,000, under standard conditions of release, or bond at \$150,000 with no conditions.

On Jan. 20, he posted a \$75,000 bond and was released. Their next court appearance is set for Feb. 7. Detroit Lakes man accused of felony domestic strangulation

Martin Randy Anderson, 53, of Detroit Lakes has been charged in Becker County District Court with felony domestic assault by strangulation and misdemeanor domestic assault.

According to court records, on Jan. 1, Detroit Lakes police officers went to Anderson's residence after an assault was reported. A woman there was crying and said that Anderson had strangled her.

She said she and Anderson had known each other for the last year, and that she stays the night at Anderson's residence every now and then. The night before, he had made her leave the apartment with her belongings still inside. The police had been called that night, but Anderson would not open the door.

She also said she had waited on the steps for approximately eight hours, from 11:30 p.m. the

night before until around 8 a.m., when she called the police.

That morning, she said, Anderson had come out of the apartment and threw some of her property down the steps at her.

She started picking the items up when he grabbed her by the neck with both hands and lifted her off the ground. She said that she could not breathe, but was able to kick Anderson to get him to let her go. She was afraid that he was not going to let her go and that she was going to die.

Officers saw a purple, vertical mark line on the right side of her neck, as well as a large red area directly underneath her chin.

Two officers went to Anderson's apartment and began to knock on his door. While they were knocking, the woman said he had a shotgun, and had told her that it would be her fault if he had to use it against law enforcement. Due to Anderson's lack of response and alleged threats against law enforcement, no further contact was attempted at that time.

On Jan. 10, District Judge Gretchen Thilmoney issued a warrant for Anderson's arrest. Osage man charged with domestic assault against family members

Jacob Michael Hallerstrom, 40, of rural Osage has been charged in Becker County District Court with two counts of felony domestic assault.

According to court records, on Jan. 8 he became assaultive

with the relatives he was living with after being told his girlfriend needed to move out because an older relative was coming home from the hospital.

On Jan. 10, District Judge Gretchen Thilmoney set cash bail for Hallerstrom at \$2,000 or bond at \$20,000, under standard conditions of release, or bond at \$50,000 with no conditions. His next court appearance is set for Feb. 7. Detroit Lakes man charged with felony DWI

Tracy Jay Barker, 58, of Detroit Lakes has been charged in Becker County District Court with two counts of felony DWI.

According to court records, just before 3 a.m. on Jan. 7, a Detroit Lakes police officer saw a 1992 Ford F250 pickup stopped in the middle of the road. Barker was lying on the seat of the pickup, mumbling and unable to answer the officer's questions.

Barker said he was just trying to warm up and that he came down to start his vehicle to warm up. A strong odor of alcohol came from Barker and the inside of the vehicle.

The officer discovered that Barker's driving privileges were canceled as inimical to public safety, and that he was subject to ignition interlock restrictions. The officer saw the keys to the vehicle on the driver's seat under Barker's leg and pulled them out of the vehicle. Barker was arrested on suspicion of DWI.

Field sobriety testing was

not offered because the outside temperature was near 30-below. He was taken to jail, where he declined a breath test because he felt "he had done nothing wrong," according to the criminal complaint.

On Jan. 10, District Judge Gretchen Thilmoney set cash bail for Barker at \$75,000 or bond at \$75,000, under standard conditions of release, or bond at \$200,000 with no conditions. One of the conditions of release is alcohol monitoring, at county expense, subject to reimbursement.

His next court appearance is set for Feb. 7. Hibbing woman accused of drug possession

Kimberly Ann Firebaugh, 37, of Hibbing has been charged in Becker County District Court with two counts of felony fifth-degree controlled substance crime.

According to court records, just before 2 a.m. on Jan. 4, a Becker County deputy was on patrol on County Road 34 in rural Osage, when he saw a vehicle parked just off the highway in front of a closed gate. It appeared suspicious, so he turned around, pulled in behind the vehicle, and approached the driver's side door.

He observed a man in the driver's seat and Firebaugh in the passenger seat. Neither had a driver's license. They said they ran out of gas on their way to Hibbing and that someone was coming to bring them gas.

While speaking with them,

the deputy saw a large blow torch lighter near her feet. The deputy told her he was going to run his K9 around the vehicle, and asked if any drugs were inside. She admitted to smoking marijuana earlier in the night.

The vehicle was searched, and in her purse on the floor was found a glass methamphetamine pipe and a baggie containing 16 blue Amphetamine/Dextroamphetamine pills. Under her seat was found a small baggie of meth that weighed 0.29 grams with packaging.

On Jan. 5, District Judge Gretchen Thilmoney set cash bail for Firebaugh at \$200 or bond at \$3,000, under standard conditions of release, or bond at \$10,000 with no conditions. Detroit Lakes man charged with felony domestic assault

Christian Delon Andvik, 29, of rural Detroit Lakes has been charged in Becker County District Court with felony domestic assault.

According to court records, on Jan. 7, he spit on a woman, slapped her and pulled her hair during a domestic fight in Detroit Lakes.

On Jan. 10, District Judge Gretchen Thilmoney set cash bail for Andvik at \$500 or bond at \$10,000, under standard conditions of release, or bond at \$30,000 with no conditions.

His next court appearance is set for Feb. 7.

News Staff Detroit Lakes Tribune

A father, a son and 500 miles

Duo to ride 1973 John Deere sleds from Winnipeg to Twin Cities

By Kevin Wallevand WDAY

FARGO — Roger Kram and his son Wyatt have been around snowmobiles all their lives. Specifically, two 1973 John Deere snowmobiles.

"You grow up on it," Wyatt Kram said. "This sled here, I grew up riding."

The two are setting out Tuesday, Jan. 25, recreating the route of the International 500 Snowmobile race that went from Winnipeg to the Twin Cities back in the late 60's and early 70's.

"It was Dad's idea," Wyatt said, smiling. "Aside from the ride planning, we rebuilt all of our sleds from the ground up. Every bearing, nut and bolt has been touched. So, they're mechanically ready to go."

It is also the 50th anniversary of the John Deere snowmobiles, which was one of a number of snowmobiles that hit the market in the 1970s. There were more brands of sleds than cars. Old TV ads from the 70's show the popularity of the sleds.

This grueling snowmobile trip is about more than just the route. It's about creating an experience for the father and son to share together.

"It's going to make a lot of memories. I'm going to look back on this and say, 'I'm glad I did it,'" Wyatt Kram said. "It might not be easy, and we're going to be sore when we're done, but I'll look back and we'll have a lot of memories from that," Wyatt said.

"(I am) looking forward to this," Roger Kram said. "It's (the) camaraderie. We work together a lot — all the time — (and) I live

only a mile away."

It's not just days on the John Deere sled, the Krams are also raising money for the honor guard members who come to pay respects at every funeral of every veteran in our communities. Money raised would help build a chapel at the national cemetery.

For now, Roger and Wyatt are tweaking their sleds and getting ready for the 500-mile trek. We've got the snow, they just need a little luck as the vintage sleds power through the route.

"It's kind of a crazy deal, 500 miles, but we'll give it our best," Wyatt said.

To follow the father and son snowmobile journey on their Facebook page. To buy their raffle tickets to help the National Cemetery Honor Guard chapel project at www.i-500challenge.com.



WDAY Roger Kram and his son Wyatt stand with WDAY News reporter Kevin Wallevand. The father-and-son duo will be driving their 1973 John Deere snowmobiles to re-create the International 500 Snowmobile race.

Advertisement for Green's Plumbing Modern Heating. Features the slogan "For Your Family's Comfort" and lists services like "VETERAN OWNED BUSINESS" and "Registered Showroom". Contact information includes 18550 Highway 59 North Detroit Lakes, MN and phone numbers 218-847-7542 and 218-847-7459.

Advertisement for Enterprise Park Rapids. Features a photo of a smiling man and a woman. Text includes "SALES CONSULTANT", "Would you enjoy helping businesses promote and support the wonderful community they live and work in?", and contact information for Todd Keute at 1011 1st St. E., Ste. 6, Park Rapids, MN 56470.

Advertisement for Becker County Hazardous Waste (HW) program. States "Households may drop off hazardous waste at the Transfer Station during regular business hours." Includes address "24413 County Rd 144 Detroit Lakes, MN 56501" and phone number "218-846-7310".

Advertisement for Walz Snow Removal. Slogan: "We go in the snow so you don't have to". Lists services: FREE ESTIMATES, COMPETITIVE PRICING, INSURED, AVAILABLE 24/7, FLEXIBLE PAYMENT OPTIONS. Contact: 218-346-7669, www.walzsnowremoval.com.

Advertisement for Janke's Sew & Vac. "Store Liquidation Sale". Text: "We are closing our 607 Washington location. Miele, Sebo and Riccar vacuum cleaners and Elna and JUKI sewing machines at special in store pricing! All used vacuums and sewing machines at 15% OFF. All vacuum cleaner bags \$2.00 OFF. All threads 25% OFF." Contact: (218) 847-4175, 607 Washington Ave. - Detroit Lakes, MN.

Advertisement for Shooting Star Casinos. Logo for Shooting Star Casinos. Text: "MAHNOMEN + BAGLEY STARCASINO.COM • 800.453.STAR"

Advertisement for BRR-TASTIC Giveaway. Features a photo of a snowmobile. Text: "BRR-TASTIC GIVEAWAY".

Advertisement for a drawing. Text: "YOUR CHANCE TO WIN OVER \$40,000 IN CASH OR A NEW FISH HOUSE! Sundays in January | 4pm-8pm | Mahnomen & Bagley. Grand Prize Ice House Drawing | Sunday, January 30 | 8pm".

Advertisement for Pelican Landing. Logo for Pelican Landing. Text: "With home sales being record high, now is the time to make the move to the Best Assisted Living in Detroit Lakes. Independent Living | Assisted Living | Memory Care pelicanlandingmn.com | Call Jodi 218-847-7777". Includes a "WINNER" badge from the Detroit Lakes Tribune.

POLICE NEWS

Crime and Fire report

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, Jan. 20

7:33 a.m., near Bald Eagle Haven Road and Tulaby Lake Drive, Wau-bun, a vehicle left the roadway and struck a tree. No injuries.

11:57 a.m., 28000 block Old School Road, Ponsford, theft of electric services.

12:08 p.m., 12000 block Dorff Beach Road, Audubon, fire. Two snowmobiles and a 14-foot aluminum trailer were lost in the blaze. A space heater placed too close to the snowmobiles is believed to have caused the fire.

1:06 p.m., at the Strawberry Lake Store at 32000 County Road 143, Ogema, shoplifting.

2:31 p.m., at the Becker County Jail, Detroit Lakes, drugs were discovered in the wallet of an inmate during check-

in procedures.

2:43 p.m., at Walmart, Detroit Lakes, two past-action shoplifting incidents were reported.

3:09 p.m., 1100 block Washington Avenue, Detroit Lakes, unemployment claim fraud.

6:28 p.m., 100 block north Lake Street, Frazee, assault. A 52-year-old woman slapped a 42-year-old man. No injuries were reported.

Friday, Jan. 21

12:20 a.m., 36000 block Wilderness Bay Road, Park Rapids, a sheriff's officer cruiser was reported in a roadside ditch. No injuries.

5:11 a.m., 20000 block South Twin Drive, Frazee, a propane stove fire was reported. The propane source was cut off and occupants evacuated safely. No flames were reported and windows were opened at the scene to vent the space.

10:18 a.m., 1700 block Long Bridge Road, Detroit Lakes, a truant student was found. The student was taken to school.

12:10 p.m., 33000 block Highway 34, Detroit Lakes, a propane smell

was reported. Detroit Lakes firefighters were dispatched and cleared the scene for normal use.

12:46 p.m., 19000 block Frontage Road, Detroit Lakes, two male parties were involved in a possible assault. The incident is under investigation.

1:02 p.m., 25000 block County Road 34, Callaway, a man was making threats against a woman. The parties were separated for the evening.

1:54 p.m., 1100 block Washington Avenue, Detroit Lakes, two-vehicle crash. No injuries.

4:12 p.m., 28000 block County Road 34, Callaway, two vehicles were reported in a roadside ditch. No damage and no injuries.

5:16 p.m. near County Road 54 and Highway 10, Detroit Lakes, two-vehicle crash. No injuries.

6:08 p.m., 300 block Sherman Street, Detroit Lakes, two-vehicle crash. No injuries.

7:10 p.m., Lake Park, threats. A daughter was making threats against her mother. A 15-year-old girl was transported to a nearby medical clinic for evaluation.

7:37 p.m., 26000 block County Road 37, Detroit Lakes, a vehicle was reported in a roadside ditch. No injuries.

9:13 p.m., 26000 block Rattle Snake Circle, Wau-bun, a chainsaw, custom knife and \$12 in change were reported stolen.

10:10 p.m., 28000 block County Road 129, Ponsford, possible overdose. A 41-year-old woman received six doses of Narcan before responding positively. She was transported to a nearby medical clinic for additional treatment.

10:29 p.m., near mile marker 5 on County Road 26, Becker County, a vehicle was reported off the roadway. No injuries.

Saturday, Jan. 22

12:14 a.m., 500 block south Washington Avenue, Detroit Lakes, two men are under investigation for a possible assault at the Northside Bar.

1:39 a.m., near Jackson Avenue, Detroit Lakes, a vehicle was reported in a snowbank. No injuries.

3:59 a.m., 14000 block County Road 4, Lake Park, a vehicle was reported off the road-

way with tracks leading away from the vehicle. No apparent injuries.

6:17 a.m., near 465th Avenue, Pine Point, a vehicle reportedly left the roadway and struck a tree. No injuries.

9:22 a.m., 21000 block County Road 37, Detroit Lakes, theft, books and other various items were reported stolen sometime over the past week.

11:04 a.m., near Highway 10 and Highway 59, Detroit Lakes, a vehicle was reported in a roadside ditch. No injuries.

11:13 a.m., 23000 block County Road 123, Osage, a vehicle was reported in a roadside ditch. Vehicle appears to be abandoned.

11:27 a.m., 1300 block Highway 10, Detroit Lakes, a vehicle was reported in a roadside ditch. No injuries.

2:58 p.m., near West Birch Avenue and Second Street, Frazee, two-vehicle crash. No injuries. Minor damage.

4:41 p.m., near Highway 10 and East Shore Drive, Detroit Lakes, a vehicle was reported in a roadside ditch. No injuries.

8:48 p.m., 200 block Stone Creek

Drive, Detroit Lakes, a 34-year-old woman was transported to a nearby medical clinic with an unknown medical issue.

Sunday, Jan. 23:46 a.m., 20000 block County Road 21, Detroit Lakes, a Playstation 4 was reported stolen. The item was found in the snow near the residence.

10:51 a.m., 300 block east Frazee Street, Detroit Lakes, two-vehicle crash. No injuries.

11:38 a.m., 1300 block Highway 10, Detroit Lakes, a 46-year-old woman was arrested for disorderly conduct.

1:23 p.m., 25000 block Brolin Beach Road, Detroit Lakes, mail theft.

2:38 p.m., near mile marker 47 on Highway 10, Detroit Lakes, a vehicle was reported in a roadside ditch. No injuries.

5:49 p.m., 26000 block 390th Street, Wau-bun, theft of various tools. The caller is compiling a list.

10:29 p.m., near Highway 225, Osage, a vehicle was reported off the roadway. No injuries.

News Staff
Detroit Lakes Tribune

Red Lake man pleads guilty to shooting, injuring, 2

News Staff

A Red Lake man has pleaded guilty to two counts of assault resulting in serious bodily injury, after shooting and injuring two people who tried to intervene in a domestic incident between him and his girlfriend.

According to court documents, on May 5, 2021, Brennon Allen James Sayers, 21, was arguing loudly with his girlfriend in a vehicle outside a residence in the Ponemah area of the Red Lake Indian Reservation.

A man who lived across the street came out of his residence and began telling Sayers to stop arguing and fighting with his girlfriend. The second person, who was walking down the road, encountered the interaction between Sayers and the first man.

As the confrontation between Sayers and the first man escalated to

yelling and assaultive threats, Sayers pulled a gun from his waistband and began shooting at both residents as they ran back towards the first man's house.

Both residents were struck by gunfire. After the shooting, Sayers fled the area and was located several hours later at his mother's residence on the Red Lake Indian Reservation.

Sayers pleaded guilty Jan. 20 before U.S. District Court Chief Judge John R. Tunheim to two counts of assault resulting in serious bodily injury. A sentencing hearing has been scheduled for June 13, 2022.

The case is the result of an investigation conducted by the Red Lake Police Department and the Federal Bureau of Investigation's Headquarters Safe Trails Task Force, and is being prosecuted by Assistant U.S. Attorney Deidre Y. Aanstad.

Test results show source of deadly gas that killed Minnesota family of 7

Forum News Service
MOORHEAD — The results of blood tests intended to identify the source of carbon monoxide that killed a Moorhead family of seven reveal that the gas came from a furnace in an attached garage of their home.

The investigation stemmed from the deaths of Belin Hernandez, 37; Marley Pinto, 34; Breylin Hernandez, 16; Mike Hernandez, 7; Marbely Hernandez, 5, Eldor Hernandez Castillo, 32; and Mariela Guzman Pinto, 19. The family was found dead Dec. 18 at a south Moorhead twinhome at 4403 13th St. S.

The Ramsey County Medical Examiner's Office in St. Paul determined the cause of the family mem-

bers' deaths was carbon monoxide poisoning within days of their deaths. Police narrowed the source of the gas to either a furnace or a vehicle parked in the garage, Moorhead Police Chief Shannon Monroe said at the time.

Results of blood tests released Monday, Jan. 24, helped eliminate the vehicle as a source of the carbon monoxide. The tests checked for blood cyanide, which would be present "if the poisoning were the result of a combustion engine from a vehicle," Moorhead police said in a statement. The blood tests came back negative for blood cyanide, ruling out the vehicle and leaving the furnace as the only possible source of carbon monoxide, police said.

The furnace was in a separate room in the

garage and was functioning properly, Monroe said. The state fire marshal and an HVAC specialist were unable to "duplicate a furnace malfunction whereby carbon monoxide was entering the home," according to a Dec. 22 statement from Moorhead police.

The home was about 54 degrees when emergency workers arrived Dec. 18, Monroe said, noting that was likely because the furnace was on air

mode and went out at some point, but the fan was still circulating.

A carbon monoxide detector in the home was found detached from the wall and in a laundry room cabinet with the battery removed, Monroe said. It had been replaced with a smoke-only detector.

The investigation into the seven deaths is considered complete, police said, and the case is closed.

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GUEST EDITORIAL

Disrespect at board meetings needs to end

The Alexandria School Board deserves credit for seeking a better way of dealing with public comment periods that get out of control.

Board members on Monday night decided to halt in-person public comments for the next two months while they explore options that would address the disrespectful and mocking comments that have disrupted recent meetings.

It's important to note that the board is by no means shutting down all interaction with the public or their feedback. Citizens can send emails summarizing any concerns or questions they have. They can also contact school board members or the administration.

It's great that parents and other community members are attending school meetings and sharing their thoughts about their children's education. The issue is how some of them are presenting their ideas and not showing respect for

others. At the board's Dec. 20 meeting, a group of parents repeatedly interrupted a parent who was trying to address the board about racism. They berated the speaker's comments, intimidating her to the point that she later requested a police escort to her vehicle – all because her views didn't square with their opinions.

People shouldn't feel under attack for simply expressing their thoughts at a public meeting.

Similar outbursts have taken place at other recent School Board meetings about wearing masks, getting vaccines and following COVID mandates, but the Dec. 20 meeting sank the discussion to a new low.

Emotions can run high at meetings and that's OK – as long as the discussion doesn't devolve into heckling and harassment. Some suggestions: Before they begin talking, speakers should clearly state their name and address.

Disruptions should not be allowed, period. Strict time limits should be adhered to – and enforced – so more people have a chance to express their thoughts. No personal attacks should be allowed. Each new speaker shouldn't bring up concerns that have already been addressed. There should be no clapping, booing, shouting or other outbursts, period. As a last resort, those who don't abide by the rules should be escorted away from the meeting.

It's a shame that rules such as these have to be considered in the first place. Adults should act like adults, not like children fighting in a sandbox. It all comes down to civility and respect, which, in these divisive times, appears to be increasingly difficult to find. The Alexandria School Board isn't giving up, though. In the next few weeks, the board and administration will research how other schools allow for public comments and try to find a

solution that brings back a more respectful exchange of ideas. Board member Dean Anderson pointed out that there's a "negative momentum" at meetings that needs to stop. Searching for solutions that balance public comments with rules of decorum is a good place to start.

It's important to realize that public boards do not have to allow public comments at meetings. Minnesota's open meeting law gives the public the right to attend public meetings of public bodies in order to watch and listen to the proceedings but it does not guarantee the right to speak at an open meeting. If a public body chooses to allow public comments, the body can set the rules for commenters.

Public comments can be enlightening – an opportunity for the public to share their ideas or express a concern. It's an opportunity the public shouldn't waste.

This editorial is from the Alexandria Echo Press newspaper

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Vax resistance slaughtering Trump's political base

Minot, N.D. Believe it or not, I think disgraced former President Donald Trump does actually know how to do basic arithmetic.

I think that's why so much of his spat with Florida Gov. Ron DeSantis has centered on COVID-19 politics.

DeSantis has raised his national profile during the pandemic, in part, by pandering to the anti-vaccine crowd. DeSantis has refused to divulge details about the status of his booster vaccination, which prompted Trump to take a thinly veiled shot at him, suggesting that political leaders who keep that information private are "gutless."

Trump, for all his faults, has been transparent about his own vaccination status. He has urged his followers to get vaccinated. And, let's be fair to the man, his administration is owed a great deal of credit for helping to hasten the COVID-19 vaccines to market.

That's an odd thing, given where his political base is on vaccines.

There is a heavy overlap between Trump World and the anti-vaccination crowd. Normally, Trump is willing to pander to even the ugliest and most extreme elements of his base, but on vaccines he's taken a stand.

That may be because dead voters aren't any good to him.

A September study from the Centers for Disease Control and Prevention found 91% of those dying from COVID-19 were unvaccinated. A November study from the Texas Department of Health put that number in the same ballpark, at 95%.

Vaccination rates break down pretty sharply along political and cultural lines. Surveys are showing us that the



ROB PORT
Say Anything

Americans least likely to be vaccinated are religious and Republican.

That's Trump's base. And, indeed, other metrics show that resistance to vaccination has resulted in a grim winnowing of that base. In September, columnist David Leonhardt wrote in The New York Times that COVID-19 death rates were about three times higher in counties that voted for Trump in 2020.

Donald McNeil, a former science and health reporter for the Times, extrapolates: "As of this week, about 1,800 Americans a day are dying of COVID; the CDC expects that number to rise above 2,600," he writes. "Virtually all are adults. If 95% were unvaccinated and we assume that 75% of those were Trump supporters, that's 1,300 to 1,900 of his voters being subtracted from the rolls every single day."

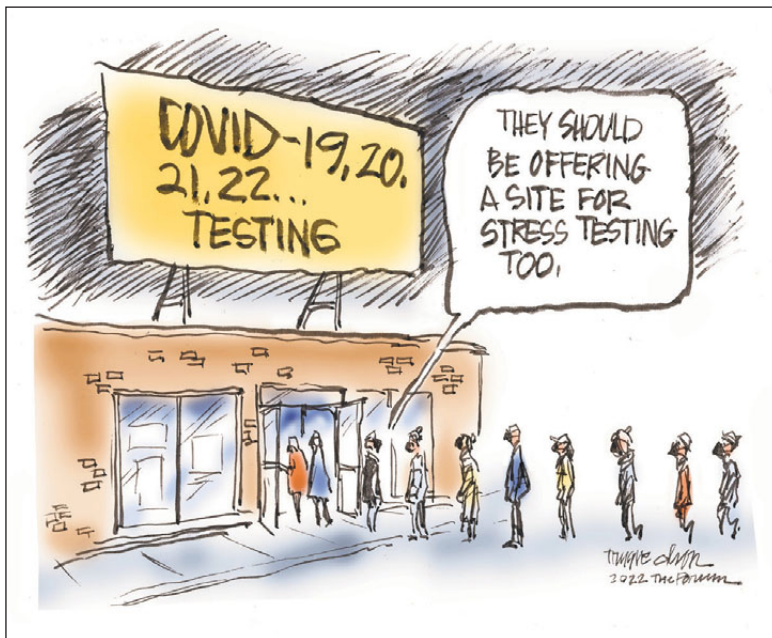
"Right now, about 60 Arizonans, 36 Georgians, 34 Wisconsinites and 14 Nevadans are dying of COVID each day," McNeil continues.

If 95% are unvaccinated, and 75% were Trump supporters, that's a loss of about 100 voters per day in the swing states Trump would need to pull off another Electoral College victory.

Now do you understand why Trump is willing to provoke boos from his audience by promoting the vaccines?

The anti-vaccine movement is literally killing his people.

Rob Port, founder of SayAnythingBlog.com, is a Forum Communications commentator. Listen to his Plain Talk Podcast and follow him on Twitter at @RobPort. He can be reached via email at rport@forumcomm.com.



Praying takes practice

Each week during confirmation, our church's version of teenage faith education, we open with and close with a prayer.

I ask students to take turns offering the opening and ending prayers. The goal, of course, is get our students more comfortable with prayer by practice. Because how else do we get better at anything without practice!

Understandably, many of our confirmands are nervous when it comes to praying in front of their peers, but we as a group positively support everyone's efforts, even when it comes out as briefly as, "Thank you God for our confirmation time. Amen."

But it isn't just our teenagers who I find are uncomfortable with the act of having a conversation with God. Frankly, a good many adults I talk with are just as uncomfortable with praying because they say they don't know how to.

I will chalk some of this up to the nature of us folk who dwell up here in the northern climes. In a region that is full of Lutheran Scandinavian descendants, maybe it's not so surprising that praying can be difficult for many. After all, the act of prayer makes us pretty vulnerable, whether it's said out loud in front of your confirmation buddies, or just said in your heart to God.

Praying can be intimidating, and our history of making prayer obligatory and reverent hasn't been particularly helpful, in my view. It turns what should simply be a conversation with God into an act of obedience,

with rules about what is correct and what isn't. No wonder so many think they don't know how to pray: Because we've essentially created a litmus test over how and how not to pray!

Rather, I would encourage us to view prayer as simply a conversation with God, or Jesus if that is more comfortable. You can pray to the Holy Spirit too, or Mother Earth, for that matter, if that is more in line with your faith beliefs. Hey, I get that praying to "God the Father" has been made difficult for many, as God has been used in very abusive ways over the centuries.

My point is that we need not complicate having a conversation with God. There is no right way, nor wrong way, to pray to God. Sure, there are models of prayer that have been taught by faith leaders down through the generations, but I worry less about that than just encouraging you to open the conversation.

God is a faithful conversation partner when you just begin to open up yourself. In fact, I am often surprised by the ways in which God converses back with me when we talk. It might be in a direct way, or through other signs, or sometimes I don't hear anything back at all. But I do know that he is listening and hearing, and sometimes that is the absolute best trait in a conversation partner ever!

Devlyn Brooks, who works for Modulist, a Forum Communications Co.-owned company, is an ordained pastor in the Evangelical Lutheran Church of America. He serves as pastor of Faith Lutheran Church in Wolverton, Minnesota. He can be reached at devlyn.brooks@forumcomm.com for comments and story ideas.



DEVLYN BROOKS

Doctors: Don't count on getting outpatient omicron treatments

By Paul John Scott
The Detroit Lakes Tribune

ROCHESTER — Three weeks ago, a person with underlying health conditions who tested positive for COVID-19 could count on quick access to monoclonal antibodies.

Not anymore. Lost in the confusion over ever-changing advisories about the virus has been the unexpected collapse in accessible outpatient treatment options for the newly diagnosed at risk.

In a scarcity economy reminiscent of the earliest days of the pandemic, the effective, once-plentiful monoclonal antibodies manufactured by Eli Lilly and Regeneron appear to no longer to work when pitted against omicron, and the products recently authorized to replace them are in short supply.

"If you're not vaccinated and you're hoping these outpatient treatments will be enough for you, don't be under the impression that they are readily available," said Dr. Avish Nagpal, director of infection prevention for Sanford Health Fargo.

"They are not. There is a very high demand and we are struggling to meet that demand."

Nagpal distinguishes current shortages from a different situation last fall, when "pretty much anyone who wanted that medication were able to get it."

"They just had to meet any criteria listed in the emergency use authorization" he said. "We didn't have to turn away anybody unless they were out of the 10-day period."

From irreplaceable to seemingly obsolete

Prior to the emergence of the omicron variant, hypertensive, elderly or metabolically unhealthy persons with COVID-19 could lessen their risk by undergoing an hour-long infusion of monoclonal antibodies (or mABs).

When taken early, mAB treatments had a 70% effectiveness at preventing severe infection, and were aggressively promoted by governors in states such as Florida and Texas.

But the products themselves, cocktails of lab-engineered proteins with compound names such as bamlanivimab



The outpatient infusion center at Sanford Broadway Medical Center in downtown Fargo treats patients with artificial antibodies to help their immune systems fight the infection.

plus etesevimab by Eli Lilly, and casirivimab plus imdevimab by Regeneron, were tailored to combat delta alone.

With omicron having pushed delta off the stage, those infusions are believed to be no longer effective.

In their place, drug maker GlaxoSmithKline has delivered an omicron-recognizing mAB called Sotrovimab.

Additionally, Pfizer has received approval for an effective course of antiviral pills sold under the name Paxlovid.

Both are intended to help reduce the risk of hospitalization faced by those with preexisting conditions.

But they are shipped only intermittently to state health departments at the present time. Area providers say patients should not expect easy access to either treatment, given the mismatch of supply and demand.

"We don't have enough supply that we can operate on a daily basis," says Nagpal of Sanford's monoclonal antibody infusion center in Fargo. "Whenever we get the supply, we open it, but typically the supply is gone within the day."

HHS publishes the amounts each state gets of new outpatient COVID-19 medications, with shipments updated weekly. A table published on Monday, Jan. 17, shows that the federal government recently shipped just 594 doses of Sotrovimab to Minnesota, and 90 to North Dakota.

In total, MDH has recorded just 2,240 courses of Paxlovid shipped into Minnesota.

The numbers then apportioned to individual health systems are even smaller. Though facing hundreds of eligible patients, the Sanford Fargo facility is getting twice-weekly shipments of just 10-20 Sotrovimab treatments, doses it must then ration to those with qualifying conditions.

"I was just going through our list," Nagpal said of who best to provide the 10-20 antibody treatments, "going down from the highest- to lowest-risk patients. Even focusing on the highest-risk patients, we had 114 to work with today."

Mayo Clinic infectious disease specialist Dr. Raymund Razonable says Mayo also gets just "a few dozen" doses of Sotrovimab weekly. It then has to decide who to treat from over 200 patients in need each day.

"We have a scoring system we have developed to identify" those with the greatest need,

says Razonable, one prioritizing multiple medical comorbidities. "Those are the ones we reach out to and give the treatment as soon as we can."

Paxlovid is given as an alternative to mABs by participating providers, but supplies are similarly "also very low" Nagpal says. "We get one to two shipments a week. Today we got about 26 courses."

Mayo receives a similar amount of the antiviral pills. For those most in need, providers are advised to offer Paxlovid first. If that is unavailable, Sotrovimab is to be offered second. If that is unavailable, a three-day course can be offered of intravenous Remdesivir, an advanced illness drug recently approved for outpatient use. Logistical challenges complicate all of these treatments as well.

The recent narrowing of outpatient COVID-19 treatment options is so new, the Minnesota

Contributed / Sanford Health Fargo

Department of Health monoclonal antibody treatment connector webpage has yet to update its copy to convey that legacy drug cocktails have effectively been shelved.

"With the omicron variant causing widespread infections sweep-

ing across Minnesota, as across the nation, we are seeing unprecedented demand for treatments and therapies pressing against a limited supply," Doug Schultz of the Minnesota Department of Health said in an email.

"While the Department of Health and Human Services is still shipping bamlanivimab plus etesevimab, and casirivimab plus imdevimab, those are ineffective against omicron, so we are down to one monoclonal (Sotrovimab)."

The U.S. government recently purchased 600,000 doses of Sotrovimab, but those will be delivered through the first quarter of this year.

"Do everything in the next two to three weeks to avoid getting COVID-19," Nagpal said. "Whether that's working from home, getting vaccinated or a booster if possible, or avoiding crowded spaces."

"Do that now, because unfortunately we are not in a position to tell you that if you need outpatient treatment, we will have one readily available."

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The Detroit Lakes Tribune accepts community calendar items, for 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 dlttribune@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.

Thursday, January 27

Movie Musicals at the Library: The Detroit Lakes Public Library will be offering its final January film screening of popular musicals through the decades, starting at 2 p.m. This week's selection is "Les Miserables," released in 2012 and featuring Anne Hathaway, Hugh Jackman and Russell Crowe. This film is rated PG-13 and has a run time of 2 hours and 50 minutes. Open to the public. Call 218-847-2168 for more information.

American Indian Parent Advisory Committee: There will be a meeting of Detroit Lakes' American Indian Parent Advisory Committee (AIPAC) from 5:30 to 6:30 p.m. The meeting will be virtual only, using Google Meet. If you are interested in attending virtually, email Joe Carrier, jcarrier@detlakes.k12.man.us and he will send you a link. Open to the public.

Friday, January 28

Plumbing Expo and Continuing Education Class: The Lake Region Builders Association, Otter Tail Power and Goodin Company are hosting a vendor expo and continuing education class on plumbing at the Holiday Inn in Detroit Lakes from 7 a.m. to 5 p.m. Class satisfies the requirement for 8 hours of continuing education credit towards the renewal of Minnesota plumbing license. Fee is \$140, and includes all class materials as well as lunch and a continuing education certificate. Pre-registration required, at www.MyPlumbingTraining.com, by phone at 701-238-9816 or in person from 7 to 7:30 a.m. at the class site. There will also be a vendor expo on site throughout the day. For more information, call 218-847-0699 or email builders@lakeregionbuilders.com.

Live Music: Bruce Archer will perform live at Detroit Mountain Recreation Area's Aces Wild Saloon from 6:30 to 9 p.m.; Firehouse will perform live at Mahnomen's Shooting Star Casino at 8 p.m. Visit detroitmountain.com or starcasino.com for details.

Saturday, January 29

ULTRA Classic Cruise South: Come join ULTRA Snowmobile Club for a Classic Cruise ride from 10 a.m. to 5 p.m. Meet at the Becker County Fairgrounds in Detroit Lakes at 9 a.m., then travel south to the Skål Bar and Grill in Vergas for lunch before returning to Detroit Lakes for a final stop at the Shorewood Pub. Though this ride is designed for sleds of 1980s vintage and older, it is open to all snowmobilers. For more information, contact Wayne Schlauderaff at 218-849-3069.

Live Music: Fargo area favorites Tripwire will perform live at Zorbaz in Detroit Lakes from 9 p.m. to midnight. Open to the public.

Sunday, January 30

Tamarac Ski Day: The Tamarac National Wildlife Refuge and the Detroit Lakes Nordic Ski Club are co-hosting a Tamarac Ski Day from 1 to 4 p.m. Meet at the Pine Lake Trailhead Parking Lot at 1 p.m., take a shuttlebus to the head of the Blackbird Wildlife Drive, then ski back to your car. It is about a six-mile trek, on groomed ski trails thru beautiful woods, and is easy terrain. There will be a campfire, hot cider, and snacks afterwards. No charge for this event. For maps and information, you can call or text Lin Peterson @ 701-261-2302, or check out the website at DLXCSKI.com. The Pine Lake Parking Area is located on County Hwy 29, seven miles north of State Hwy 34.

Tuesday, February 1

Welcome to DL Reception: The Detroit Lakes Regional Chamber of Commerce will host a special "Welcome to DL" reception for new residents of the lakes area, starting at 4 p.m. in the Chamber offices at 700 Summit Ave. Learn about events, resources and information you can use. RSVP at 218-847-9202; free and open to all.

Frank L. Hutchinson

Frank Lloyd Hutchinson passed away peacefully on Friday, January 21, 2022 at Emmanuel Long Term Care in Detroit Lakes, Minnesota. He was 96 years old.

Frank was born on November 4, 1925 to parents Lloyd Hutchinson and Alma (Rambol) Hutchinson at their home in Euclid, MN, the second of six children. Frank attended primary school in Euclid and later in Baudette, MN, where the family relocated for a time. Subsequently the family bought a one section farm in rural Greenbush, MN and made it their permanent home. Frank was a good student and graduated with an "A" average from Greenbush High school, Class of 1943.

In January 1945 Frank joined the U.S. Maritime Service and attended its Sheepshead Bay, NY training station. He continued to serve in the U.S. Merchant Marine until 1948, attaining the rank of Lieutenant (Junior Grade). While in the service Frank traveled widely to ports around the world. One memorable voyage found his ship and crew transporting captured German armaments from Europe to the United States for study by Army researchers.

After leaving the sea, Frank returned to Minnesota, first working on the family farm and later as a heavy equipment operator in the iron ore mines near Hibbing, MN.

During these years Frank met and courted Florence Novacek, also from Greenbush, while she worked as a registered nurse in the area. They were married at Blessed Sacrament Catholic Church in Greenbush on January 2, 1952. The marriage was blessed with four children, Tom, Dave, Mike and Kathy.

In 1954 the family moved to Detroit Lakes, MN and Frank began his lifelong occupation as a long haul trucker. He continued in that occupation for nearly fifty years until he retired at the age of 76. During that time, he visited nearly every state in the Union, including Alaska, logging well over one million miles.

Frank always remembered his youth farming with horses in northwestern Minnesota. He loved attending horse shows at the State Fair, rodeos in Hawley and the National Rodeo Finals in Vegas with his sons. A country music fan, Frank attended almost every We Fest celebration held in Detroit lakes from its beginning until 2019.

Frank was a quiet man but also a good storyteller. His grandchildren delighted in coaxing him to tell stories of his travels in the Merchant Marine, or farming with horses during the years before WWII, or logging with a partner and a team of horses near Cass Lake, MN.

Frank was devoted to his family and especially to his wife of 67 years, Florence. He cared for Florence in her final years at home when her health declined, always with no fuss or complaint. He retained his sense of humor and ready smile until the last.

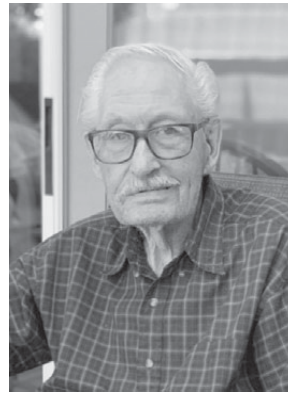
Frank is preceded in death by his wife Florence, parents, his brothers Charles Eugene (Genie), Raleigh and Dwaine, sisters Adeline and Donna.

He is survived by his children: Thomas (Rebecca), David (Terri), Michael (Cheryl), and Kathryn (Michael) Majsak; his grandchildren: Josh, Anna, Kristen, Joe, Betsy, Robin, Rick, Trisa, Frankie, Ronnie, Matt and John and his ten great-grandchildren.

The family extends its thanks to Hospice of the Red River Valley and especially to the Emmanuel long term care staff for their vigilant care of Frank.

Memorials are preferred to: Emmanuel Foundation, 1415 Madison Avenue, Detroit Lakes, MN 56501.

Visitation from 5:00 – 7:00 p.m. on Friday, January 28, West-Kjos Funeral Home. Mass of Christian Burial, Saturday, January 29, 11:00 a.m. at Holy Rosary Catholic Church. Interment at Holy Rosary Cemetery.



Shari K. Cannon

Shari K. Cannon, 70 of Detroit Lakes, MN, died Friday, January 14, 2022 in Palm Coast, FL. Mass of Christian Burial will be 1:00 pm Saturday at Holy Rosary Catholic Church in Detroit Lakes. Interment will be in Holy Rosary Cemetery.

Visitation will be 5:00 – 7:00 pm with a parish vigil at 6:30 followed by a rosary at 7:00 pm Friday at David-Donohew Funeral Home. The visitation will continue 1 hour prior to the Mass at the church on Saturday.

Shari Kay Cannon was born September 2, 1951 in Fargo, ND to Robert and Kathlene (Thompson) Hilber. She is a 1969 graduate of Shanley High School in Fargo and then attended Fargo Business College. She moved to Detroit Lakes in 1986. During her working life, Shari worked for Holy Rosary School, T. L. C. and for Oak Crossing Nursing Home.

She enjoyed visiting her daughter, Casey and family in Florida, leading the Rosary at church, morning coffee with her friends and knitting.

Survivors include her daughter Casey Miller of Palm Coast, FL, 5 grandchildren, Gunner, Cami, Reagan, Elin and Lake, a brother: Mike (Julie) Hilber and a sister, Shannon (Robert) Klein all of Fargo. She was preceded in death by her son, Garth Cannon, her daughter, Brandi Parr and a granddaughter, Angel Baby. Memorials are preferred to the Garth Cannon and Jill Wothe Scholarship Fund or Oak Crossing. David-Donohew Funeral Home is serving the family.



Janice Elaine Ullrich

April 4, 1949 - Jan. 21, 2022

FARGO, N.D. - Janice Elaine Ullrich, 72, Lake Park, Minn., died Friday, Jan. 21, in Sanford Medical Center.

Visitation will be from 5-6 p.m., followed by a memorial service at 6 p.m., Thursday, Jan. 27, at Wright Funeral Home in Hawley, Minn. The service will be livestreamed on the funeral home's website.

Arrangements by Wright Funeral Home.

Robert Libby

Nov. 21, 1942 - Jan. 21, 2022

DETROIT LAKES, Minn. - Robert Libby, 79, White Earth, Minn., died Friday, Jan. 21, in St. Mary's Hospital.

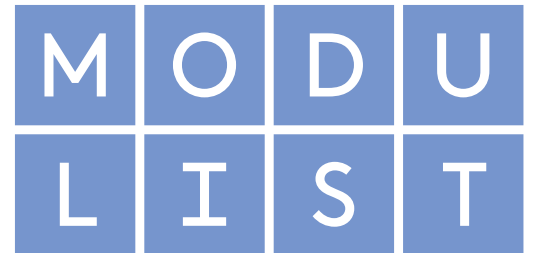
A celebration of life will be in the summer.

Arrangements by West-Kjos Funeral Home in Detroit Lakes.

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WEIGHTLIFTING



Photos by Jared Rubado / Detroit Lakes Tribune
Ellie Hultin attempts a snatch lift at the Detroit Lakes home weightlifting meet on Jan. 15 at the Ralph Anderson Gym at Detroit Lakes High School.

HEAVY LIFTING

Detroit Lakes weightlifting team making a name for itself in second season

By Jared Rubado
Detroit Lakes Tribune

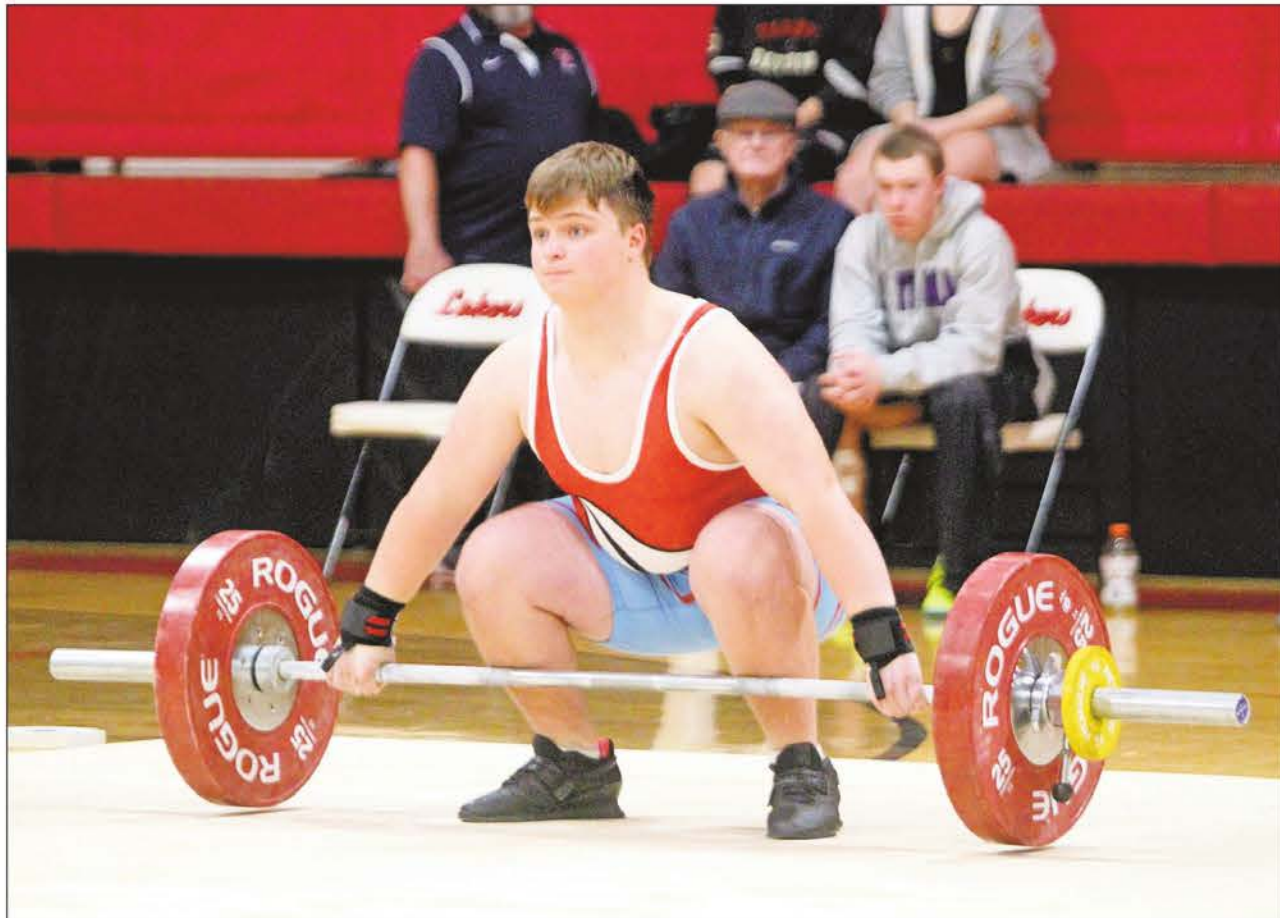
The first time Detroit Lakes' Waylon Lekatz stepped onto the platform at a high school weight lifting competition, he was surprised at how much he could lift. While looking out towards the crowd of hundreds of people, he fell in love with his new favorite sport.

Lekatz and roughly 25 other students are in the second year of the Detroit Lakes weightlifting team. Dylan Surface, a physical education teacher and assistant strength and conditioning football coach, started a program that not only adds another winter sports option for high school athletes, but could take Detroit Lakes athletics to the next level. The program is in its second year and has more than doubled in numbers from where it finished last season.

"I made a big push in the classes that I teach and tried to get out during the lunch periods during the day to interact with as many kids as possible to promote the program," Surface said. "We have about 25 kids right now. I think the work of mouth between the kids has been a big part."

During a competition, each lifter gets three attempts at the snatch, and the clean and jerk lifts. The lifters are categorized by gender and body weight with the goal to lift enough kilograms to qualify for state and nationals in their weight class.

On Jan. 15, Detroit Lakes hosted its home meet against several teams such as Moorhead, Fargo South and Little Falls. As of right now, Avery Klabunde, Ellie Hultin, Fallon Lowell, Louie Baumgart, Shawn Carey, Charlie Zok and



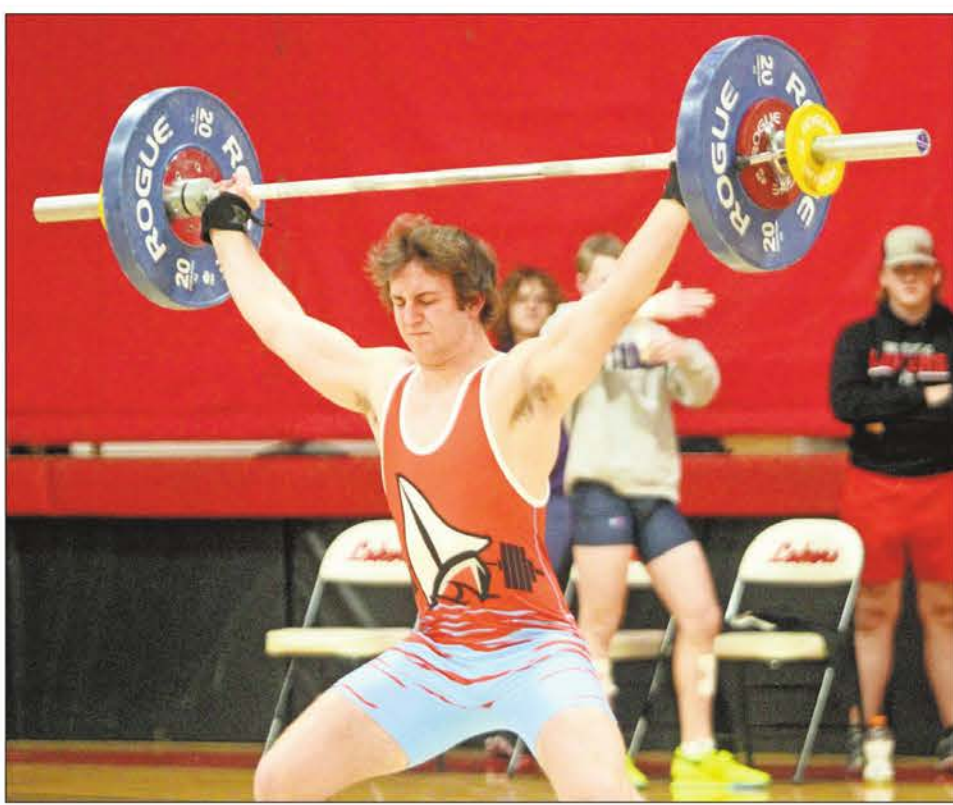
Waylon Lekatz attempts a snatch lift at the Detroit Lakes home weightlifting meet on Jan. 15 at the Ralph Anderson Gym at Detroit Lakes High School.

Lekatz have all qualified for state, with Klabunde and Zok having already qualified for nationals.

"I had no idea I did it until afterward," Klabunde said on qualifying for nationals. "I was happy, obviously. At first, I wasn't too into weight lifting. Then I found out I qualified for state and nationals and it kind of got me to get serious about this. I wasn't playing a winter sport. (Surface) mentioned this to me one day. I talked to a few of my friends, and we all decided to show up."

Detroit Lakes hosted a dual meet against Cheyenne a few weeks prior, but the thrill of competing in front of a large home crowd was still new to some.

"I think it went pretty well," Hultin said on competing in the home meet. "I think the whole team did well. That's where I qualified for state, so I was pretty



Austin Schons attempts a snatch lift at the Detroit Lakes home weightlifting meet on Jan. 15 at the Ralph Anderson Gym at Detroit Lakes High School.

happy. I didn't think I would make it to state, but I'm really happy I did. Now, my only goal is

to make it to nationals." For kids like Lekatz, lifting competitively was something to try during

the offseason for fall and spring that turned into much more.

"I want to make it to

nationals in Las Vegas," Lekatz said. "Hopefully, in the next meet coming up or the last chance meet, I can make it in. This has kind of become my main sport at this point compared to football or track. I think lifting has become a big part of my life since I started last year."

For guys like Austin Schons, the weightlifting team was a chance to put one of his passions to the test.

"I lifted on my own pretty regularly," Schons said. "When lifting got incorporated into the school as a team, I was pretty excited. It's what I'm passionate about, and it definitely felt like it was for me. It's crazy to see how far it's come, and it hasn't even been two years. In Little Falls, our team had some of the last kids lifting the heaviest weights. We aren't even an official sport yet, and we're already doing this well."

"I joined this team to be part of another thing," Schons said. "There wasn't another winter spot I was interested in. We made this team last year, and it wasn't a big thing or anything. It was kind of just something we put together. It's one of the best things I've ever joined. Everyone is welcome. Everyone is cheered on, and nobody is against each other."

Schons is one of the Lakers that is still aiming for a state qualification. High school weightlifting uses the same weight class increments the professional level uses. Some weight classes are jammed with kids hovering around the same weight. Surface plans to bump Schons up a few classes, so he has a better chance of qualifying for postseason meets.

WRESTLING

Lakers compete at Mid-State duals

By Jared Rubado
Detroit Lakes Tribune

The Detroit Lakes wrestling team went to Staples-Motley for the Mid-State Conference duals on Friday afternoon.

The Lakers picked up a 56-21 win over Park Rapids behind early decision wins from Beau Somdahl (113) and Zach Ruhl (132). Somdahl beat Aiden Maanum 6-1 before Ruhl beat Jarret Galzki 10-6.

Following Ruhl's win, the Lakers won the next seven matches by forfeit. Bradley Swiers, Tyson Ulyott, Cade Okeson, Cale Abraham, Cade Jackson, Brock Billett and Connor Zamo all earned six points for Detroit Lakes. Jeffrey Moen capped off the win for Detroit Lakes at 285-pounds with a pin over D'Andre Johnson in 1:09.

According to *The Guillotine*, the Lakers dropped a match against Aitkin by a score of 42-24. No results from other matches were posted. The Lakers head to Crookston on Friday for a triangular against the Pirates and West Central Area-Ashby-Brandon-Evansville.

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

GYMNASTICS

Lakers take 10th at Class A true team

By Jared Rubado
Detroit Lakes Tribune

The top 10 Class A gymnastics teams met in Melrose on Saturday for the state true team meet.

Detroit Lakes was one of three Section 8A teams, alongside Perham and Melrose, competing for the top spot. The Lakers took 10th place (162.575) behind another solid day from Gabby Whitworth, who totaled an all-around score of 36.35. Her highest mark came on the vault at 9.35.

Jerzie Horner's all-around score of 34.425 was the second-highest for the Lakers. Her highest score also came on the vault at 9.25. Hope Hamm has been impactful for Detroit Lakes over the last handful of meets and continued to impress on Saturday. She scored in three events, including a mark of 8.65 on the floor.

Elsie Rats also scored in three events. Her all-around score of 26.025 was highlighted with a 9.15-floor routine. Ava Morrison, Jordan Ehnert and Mamie Hunter all recorded top-five scores in various events for the Lakers.

Watertown-Mayer-Mound-Wetonka took first place with an overall score of 180.025. Mankato West (178.55) and Big Lake (178.05) rounded out the podium. Melrose landed in fourth place with a team score of 176.325, while Perham took ninth (166.325).

TEAM SCORES- 1st- Watertown-Mayer-Mound-Westonka, 2nd- Mankato West, 3rd- Big Lake, 4th- Melrose, 5th- Worthington, 6th- New London-Spicer, 7th- Becker, 8th- New Ulm, 9th- Perham, 10th- Detroit Lakes
DETROIT LAKES INDIVIDUAL SCORES- VAULT- Gabby Whitworth 9.35, Hope Hamm 8.1, Jerzie Horner 9.25, Mamie Hunter 8.35; BARS- Whitworth 9.05, Elsie Rats 8.2, Horner 8.7, Ava Morrison 8.1, Jordan Ehnert 8.85; BEAM- Whitworth 9.75, Ratz 8.7, Hamm 7.075; Horner 8.275; Ehnert 8.6; FLOOR- Whitworth 9.2, Ratz 9.15, Hamm 8.65, Horner 8.2, Morrison 8.05

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Twitter: @DLtribSports

DANCE TEAM

Lakers take home Mid-State jazz title

By Jared Rubado
Detroit Lakes Tribune

The Detroit Lakes jazz team kept rolling on Saturday at the Mid-State Conference championships in Aitkin.

The Lakers took first place in the four-team field. They were followed by Crosby-Ironton, Aitkin and Pequot Lakes-Pine River-Backus.

In high-kick, the Lakers took third place behind Crosby-Ironton and Pequot Lakes. The Lakers edged out Aitkin to land on the podium. Crosby-Ironton won the overall conference championship with the lowest placements in both events combined.

Marit Engum, Tori LaFriniere and Peyton Eischens were named to the Mid-State All-Conference team from Detroit Lakes. Amaya LeCleir and Lily Anderson were honorable mentions.

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HOCKEY ROUNDUP

Larson's hat trick highlights DL boys win over Prairie Centre

By Jared Rubadi
jrubado@dlnewspapers.com

Cole Larson had himself a night on Thursday with a hat trick in the 8-0 Detroit Lakes boys hockey win over Prairie Centre.

Larson tallied three second-period goals on his way to a five-point night. Cole Deraney and Ben Hines also had a goal and two assists. Larson, Hines and Deraney have played on the same line for much of the 2021-22 season.

The Lakers (11-4) saw Isaac Chiodo score his first career goal in the third period with assists from Spencer Berg-

man and Tommy Sucker. Bergman added a goal of his own, while Suckers had a pair of assists. Jacob Thomas also found the back of the net in the second period.

Josh Mack earned his second shutout of the season for Detroit Lakes as he stopped the two Prairie Centre (4-12) shots on goal. Joe Nedoroscik made 38 saves in the loss.

The Lakers were scheduled to hit the road on Friday night to play Red Lake Falls. The game was postponed to Feb. 12 due to weather conditions.

PRAIRIE CENTRE 0 0 0 - 0
DETROIT LAKES 1 6 1 - 8
SCORING- FIRST PERIOD- Detroit Lakes- Cole Deraney (Cole Larson, Rian Solberg) 13:50; SECOND PERIOD- De-

troit Lakes- Larson (Ben Hines) 2:40; Detroit Lakes- Jacob Thomas (Carter Bellefeuille, Grady Kirschner) 5:01; Detroit Lakes- Spencer Bergman (Beau Boehne, Chase Kukowski) 6:39; Detroit Lakes- Larson (Deraney, Tommy Sucker) 13:59; Detroit Lakes- Larson (Deraney, Hines) 14:20; Detroit Lakes- Hines (Eli Denardo, Larson) 16:15; THIRD PERIOD- Detroit Lakes- Isaac Chiodo (Bergman, Sucker) 13:15; PENALTIES- Detroit Lakes- 8 minutes on 4 infractions; Prairie Centre- 6 minutes on 3 infractions; GOALTENDING- Detroit Lakes- Josh Mack, W, 2 saves, 0 goals allowed; Prairie Centre- Joe Nedoroscik, L, 38 saves, 8 goals allowed
River Lakes takes care of business

The Detroit Lakes girls hockey team had its hands full with the 19th-ranked team in Class A in River Lakes.

The Stars blanked the Lakers 11-0 at the Kent Freeman Arena on Saturday. Kianna Roeske had four goals and three assists. Sophia Hess had a five-point afternoon

with two goals and three assists as well. Lakers' goalie Emma Wahl made 28 saves in goal.

RIVER LAKES 6 5 3 - 14
DETROIT LAKES 0 0 0 - 0
SCORING- FIRST PERIOD- River Lakes- Kianna Roeske (Sophia Hess, Paige Blattner) 3:26; River Lakes- Hess (Abby Storms) 8:23; River Lakes- Blattner (Roeske, Ayla McLellan) 10:38; River Lakes- Aubree McDonagh (Storms, McLellan) 10:59; River Lakes- Roeske (Hess, Jordyn Bebus) 14:32; River Lakes- Dalayna Hatlestad (Storms); 15:29; SECOND PERIOD- River Lakes- Hess (Jordyn Bebus, Roeske) 0:12; River Lakes- Roeske (Bebus, Hess) 0:40; River Lakes- McDonagh (McLellan) 5:13; River Lakes- Kianna Roeske (Bebus) 12:29; River Lakes- Emma Stanley (Roeske, Bebus) 12:42; THIRD PERIOD- River Lakes- Storms (McDonagh) 6:55; River Lakes- Eva Scheuler (Makayla Schriber, McDonagh) 10:15; Brielle Cremers (Schueler, McDonagh) 11:20; PENALTIES- Detroit Lakes- 4 minutes on 2 infractions; River Lakes- 4 minutes on 2 infractions

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

LIFTING

From Page 7

"It's a similar commitment to cutting weight except you're putting on weight," Surface said of elevating kids to higher weight classes. "You eat a lot more. Instead of doing a water cut as you get close to the weigh-in, you're doing a water surplus, which means eating a saltier diet and drinking a lot of water. Sometimes it's as simple as drinking as much water as you can, stepping on a scale, and going to the bathroom after."

Unlike some sports, experience isn't a prerequisite to joining the weightlifting team. Surface has made it a point for his group to be inclusive, no matter the skill level.

"Everyone starts with the bar," Surface said. "No matter who you are, you start lifting the bar at some point in your life. Everybody knows that's the starting point, and that's OK. You have room to grow. It's no different in track when you start at a certain time or length. It can

be intimidating at first, but I've seen it over and over again that if they just take that leap and go out onto the platform, they realize the rush and realize how fun this is."

Surface understands how importing adding a weightlifting team was for Detroit Lakes athletics. For some, it's a chance to challenge themselves in a sport at the high school level for the first time. For others, it's a way to prepare themselves during critical offseason hours for their next game, meet, or competition in the spring or the fall.

"It's awesome to see it grow to that point for some kids," Surface said of kids committing to the sport. "When I was at Moorhead, and we saw it get to this point, that's when we started to win state championships. That's when we started to push the city schools. Those are the kids that will push for state and national champions."

"I was in gymnastics my whole life, and I had to quit," Hultin said. Being a part of something that is a team

but is more individual is kind of weird to me, but the whole team is still so supportive of each other. (Surface) pushes us quite a bit. He wants us to keep growing as individuals and as a team. He uses this 'Why not us' motto

all the time. Why can't we be the ones to win? Why can't we succeed? We always keep that in mind because of him. He's very supportive, and he keeps us going."

Contact Jared Rubado: jrubado@dlnewspapers.com;
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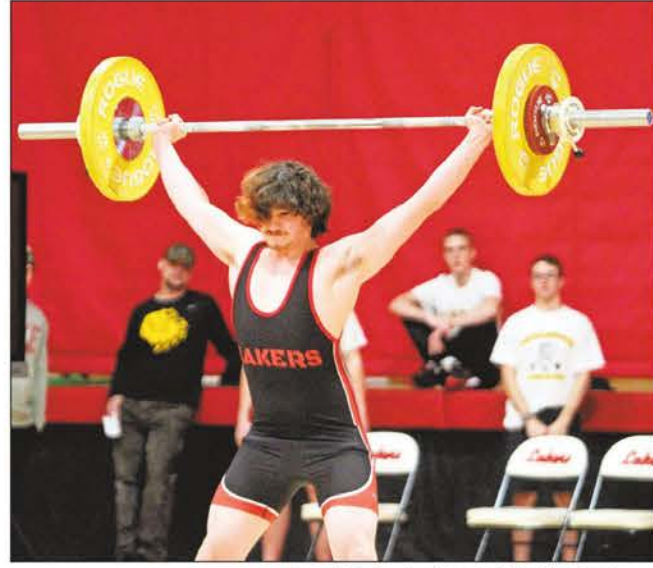
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Jared Rubado / Detroit Lakes Tribune
Jerry Rudolph attempts a snatch lift at the Detroit Lakes home weightlifting meet on Jan. 15 at the Ralph Anderson Gym at Detroit Lakes High School.

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RACING

From Page A1

"It's got a little bit of everything," said Shearer. "We've got some big straightaways, we've got some hairpin corners, we've got some sweepers, we've got some rough stuff. We've got a two-lane section where it's kind of like a bobsled you go through and just kind of hold on."

He also confessed this year's course would only be 96 miles in total, as an homage to Cody Martin, a snowmobile racing friend who passed away recently. Martin wore the jersey number 96 in competition.

"That was his race number, 96, so we're taking one lap off and we're doing 96 miles today," he said. "We put

some big moguls over there for him and called it the Cody Martin section ... he was a motocross rider and he liked the rough stuff."

The event drew more than 80 racers from across the region to compete on their vintage sleds, which needed to be from 1973 or older. One racer, Max Hoffman, of Oak Grove, Minnesota, said he was just trying to stay warm 10 minutes before the race started.

"As long as my hands stay warm, I'll be good," said Hoffman. "There are a lot of guys who are really big into (racing snowmobiles) and spend all summer building for it."

In order to be successful, he said, the pit stop in the middle of the race is very important and the gas fill up shouldn't take too long.

When offering advice to



Michael Achterling / Detroit Lakes Tribune

Grady Shearer, event organizer and snowmobile racer, makes adjustments to a snowmobile before the start of the DL One Lunger 100 on Detroit Lake in Detroit Lakes on Saturday.

other drivers about racing on a frozen lake, Hoffman said, "Rubber side down, it's the easiest way."

Hoffman came up from the Twin Cities with his dad and other racing friends specifically for this vintage

race.

Doug Anselmin, general manager of the Holiday Inn Lakefront in Detroit Lakes, said racers have been checking in all weekend so far and he was happy the hotel could host their event.

"This community is very supportive of local events," said Anselmin. "Any event I can do on the weekend in the winter time, I'm 100 percent on board."

He is also excited for Detroit Lakes' Polar Fest, which is an event that draws in many tourists throughout the region.

The 2022 Polar Fest in Detroit Lakes will also feature the ULTRA Vintage Snowmobile Rally and Swap on Feb. 19.

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

MMCDC

From Page A1

business development, and Julia Nelmark, then-New Markets Tax Credit program director and now MMCCDC president, provided \$1.7 million in flexible financing to three groups providing innovative affordable housing solutions.

One of them, the Northwest Minnesota Housing Cooperative, built the Frazee homes using its "smaller homes, smaller lots, smaller price tags" concept. In 2018, the sales price on these homes averaged \$50,000 less than on MMCCDC's regular home sales.

"It's getting increasingly difficult to build housing that's affordable for a lot of people," Nelmark said. "We're look-

ing at everything and anything to keep them affordable."

Other affordable housing developments done by the nonprofit agency include Long Bridge Heights in Detroit Lakes, and developments in Wadena and Thief River Falls.

"We are looking to do some additional housing projects in the near future," said Nelmark. "Mahnomen and Frazee were our most recent ones."

The consistently good work done by the MMCCDC is one reason it just received a \$500,000 grant from the Otto Bremer Trust. That's on top of a \$500,000 low-cost loan the year before that Otto Bremer gave to MMCCDC White Earth Initiative.

Even though some of the big foundations appreciate MMCCDC, the work it does sometimes flies under the local radar.

When community members came together in 2016 to form the

Manna food cooperative, for instance, MMCCDC helped out with technical assistance, flexible financing and referrals.

Manna is now located in downtown Detroit Lakes, and offers fresh, organic and healthy food and products, including locally produced eggs, coffee, maple syrup, wild rice, fruits and vegetables, dairy products, soaps and lotions, bread, chocolate bars, and more.

Those smaller MMCCDC projects make a big difference in the lives of ordinary people.

In Park Rapids, MMCCDC helped 55-year-old Donna Murphy become a homeowner for the first time.

After her rental home in Park Rapids was sold, an area lender refinanced her car loan, which helped lower her overall debt. They also connected her with MMCCDC, which set her up with two affordable home loan programs, including a "soft second" loan with no immediate payment.

MMCCDC also guided her

into an online homebuyer education class, called Framework. She was able to negotiate a lower price for the house, and got the sellers to fix the plumbing prior to loan closing. In the end, she paid less for her monthly mortgage than she was paying in rent.

In Perham, Trisha Pickar was able to access an MMCCDC loan to buy and renovate a 135-year-old brick home.

She created a one-of-a-kind kitchen in her new home. It features distressed-wood and recycled-tin cabinets from a custom cabinet-maker, salvaged stainless steel, and weathered barnwood.

Perham Housing and Redevelopment Authority also helped, with \$3,000 in down-payment assistance, with zero interest and deferred payments.

Again in Perham, MMCCDC provided a \$27,800 home renovation loan to help Melissa and Nick Price renovate their historic home. They gutted the home to the studs and found it struc-

turally sound. A bathroom was added upstairs, and the stairway and landing were updated. Original wood was salvaged whenever possible, and leftover lumber was repurposed as a dining room table. And when they were done, the home was warm and cozy - no more frost inside the house in the wintertime.

Small business owners and nonprofits have also benefited from the MMCCDC. Both Barber Jon's in Detroit Lakes and the Discovery Center at the Tamarac National Wildlife Center benefited from MMCCDC loans and assistance.

So it's not just the \$7.6 million loan to expand and improve the clinic and hospital in Park Rapids, or the \$10.45 million loan to build a Cancer and Research Center at the Fergus Falls hospital, or even the combined \$19 million in low-cost loans to Crookston's new ice arena and Duluth's new sports center, which includes Boys and Girls Club space.

It's also a lot of little things for a lot of regular people that make MMCCDC a force for good in the region.

"We've always done small projects," said Nelmark. "Back then (in the early years), too - people just heard about the big ones."

Since its founding over 50 years ago, the MMCCDC's bread and butter has been the federal New Markets Tax Credit Program. It has received between \$30 million and \$70 million in tax credit authority virtually every year to use on projects that qualify for the public good.

It's applying for \$70 million in tax credit authority next year.

Although some of the financial instruments it uses may seem complicated, the underlying MMCCDC philosophy is simple. "We work at whatever is needed in the communities we serve," Nelmark said. "We look at how to fund that and make it happen."

OWNER

From Page A1

said yes every time a nonprofit group asked Papa Murphy's for help. "I supported everything I could, I tried to give back - that's what makes our community and Detroit Lakes great - businesses and people are willing to give."

And that generosity never came back to bite her. Quite the opposite, she said. "The more you give, you do get things back - there is karma," she said with a laugh.

New owners Megan and Clinton Smith plan to continue Papa Murphy's tradition of supporting the community.

"Helen is the most selfless person I know," Megan Smith said. "She has put in 20-plus years to the community - not just through the store, but by

serving on so many boards (of nonprofit groups)."

The Smiths have lived in Detroit Lakes for about 14 years with their children - son Greydan, 14, daughter Kaydee, 12 and daughter Addy, 4.

Clinton works at Herzog Roofing and Megan worked as operations manager at Detroit Mountain for many years, until April, when she started learning the ropes at Papa Murphy's. Ownership officially changed hands on Jan. 1.

The Smiths have a lot of experience in restaurants and catering, so buying the Papa Murphy's franchise in Detroit Lakes hasn't put them out of their comfort zone. Megan, 38, is devoting her time to the pizza place and Clinton continues to work at Herzog's, and will help out at Papa Murphy's as time allows. He is a Frazee native and an Army veteran, so "the business will be veteran

owned and operated," Megan said.

"I love working with the kids and the staff," she added. "I love the flexibility the job brings, and the fact it's a community-oriented business. We will continue all the partnerships that Helen had with the school district and other nonprofits."

Foltz expects Megan to do well with Papa Murphy's. "She'll do a great job - she's really good," Foltz said. "The reason I chose her is she is definitely the right person for the job ... she's just like me, only she has more energy and she's younger."

The two met and became friends some 10 years ago, while serving on the board of a local nonprofit.

Papa Murphy's is open seven days a week from 9 a.m. to 9 p.m., so "you have to be organized," Foltz said. "Megan is

organized."

Megan has a background in product improvement, and is excited about smoothing out the flow around the drive-through and online ordering.

"We already have a good system," Foltz said. "She's just polishing the system to make it better. We have a great staff there - that will stay the same."

Foltz has no immediate plans for retirement. "For now, I just want to catch up on some home projects - anything I didn't get time to do over the last 20 years," she said with a laugh.

Of course, she still also owns and operates the Papa Murphy's in Little Falls, as she has for the past three years, and will concentrate on growing the customer base there, "by making sure people have a good experience when they come in, and advertising," she said.

Her husband, Ken, owns Foltz Trucking in Detroit Lakes, and has no plans to slow down, she said.

Helen Foltz will stay on several boards, including Detroit Lakes Public Utilities, Detroit Mountain Recreation Area, and the Becker County Children's Initiative. She also likes to play pickleball, and spend time with her 1-year-old granddaughter, Itasca.

The Foltz's have been married 32 years and have three grown children: Clem, 28, and Christine Foltz of Minneapolis are Itasca's parents. Kathryn Foltz, 26, also lives in Minneapolis, and Stella Foltz, 23, lives in Phoenix.

Her secret for attracting and keeping employees includes hiring siblings, and making people glad to be at work. "We try to make it a fun atmosphere, making it enjoyable to be here," she said.

PLAY

From Page A1

who plays Pompdebile, the King of Hearts, in DL's entry for the 2022 one-act play season, "The Knave of Hearts."

The DLHS one-act cast has been rehearsing three times a week for the past month and a half, in preparation for the subsection competition.

"We're hosting it this year," said the one-act play's director, Nikki Caulfield.

Teams from Fergus Falls, Moorhead, Alex-

andria, Little Falls and Brainerd will be converging on the George Simson Auditorium at Detroit Lakes Middle School this Thursday, Jan. 27, for the one-night-only event, which gets underway at 5 p.m.

Lest it seem like presenting six plays back-to-back would make for an exceedingly long night, the format for the one-act competition limits each competitor to 35 minutes for the play presentation, with an additional 10 minutes of setup time.

"You can't go over (35 minutes), or you're disqualified," Caulfield noted.

This year's entry for DLHS is "The Knave of

Hearts" by Louise Saunders, which is based on Lewis Carroll's famed children's book, "Alice's Adventures in Wonderland."

"It's really cute," said Caulfield, noting that she thought the comedic work was "the right play for this group," with

its colorful costumes and lighthearted approach.

"I like this one a lot," Jimenez said of the play, noting that it has "more room for creativity - more impromptu phrases and actions" than some of the previous productions with which he has been involved.

Caulfield said she would love to see a big crowd show up for Thursday's competition, which is open to the public. (Friends and family were also invited to a special performance on Tuesday night.)

If Detroit Lakes makes the most of its home field

advantage and places in the top three, the team will advance to the section competition on Feb. 3 in Little Falls. The state tournament is set for the following weekend, Feb. 10-11 at O'Shaughnessy Auditorium, on the campus of St. Catherine University in St. Paul.



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IF YOU GO

What: Subsection 8AA One-Act Play Competition
When: Thursday, Jan. 27, 5 p.m.
Where: George Simson Auditorium, Detroit Lakes Middle School
How: There is no admission fee for the competition, which is open to the public.

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Index

PLAN AHEAD CHECKLIST	4
CEREMONY	6
REGISTRY TIPS	8
CATERER	10
WEDDING EXPENSES	14
WEDDING CAKE QUESTIONS.....	15
PHOTO/VIDEOGRAPHY.....	16
QUESTIONS TO ASK THE CATERER.....	18
QUESTIONS FOR THE PHOTO/VIDEOGRAPHER.....	18-19
WEDDING GUEST LIST	20
INVITES/CAKES/PARTIES.....	22

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Plan Ahead



ENGAGEMENT

- Announce engagement.
- Engagement photo. This can be used with engagement or wedding announcement for your local newspaper.
- Set the date and choose a location for the wedding.
- Create a budget.
- Choose attendants.
- Start shopping for your gown and bridesmaids' dresses.
- If you wish to, hire a wedding coordinator.

6 TO 9 MONTHS

- Start compiling a list of guests. Ask your mother and the groom's mother to do the same.
- Book the photographer, band/D.J., caterers, florist, videographer, caterer, etc.
- Begin a list of favorite music and requested songs to give to the band or D.J.
- Choose an officiant.
- Go with the groom to a formalwear store or tailor. After the groom's attire has been chosen, the ushers and groomsmen should go in and get fitted as soon as possible.

4 TO 6 MONTHS

- Order invitations, napkins, programs and anything else that requires a certain amount of time for printing.
- Choose your wedding bands.
- The mother of the bride should shop for her dress. When she has chosen what to wear the groom's mother should do the same.
- Discuss whether you should reserve hotel rooms for out-of-town guests with your parents.
- Set a time for the wedding rehearsal.
- Plan rehearsal dinner.
- Plan honeymoon. If traveling, meet with a travel agent.
- Book accommodations for wedding-night.

2 TO 4 MONTHS

- Finish up with alterations and try it on with all of the accessories to make sure everything looks good.
- Book a final fitting and start breaking in your shoes.
- Final alterations on bridesmaids' dresses.
- Confirm contracts with florist, photographer, D.J., caterer, videographer, etc. Make sure all is in order.
- Set up appointments for hair, manicure, make-up. It might be a good idea to set up a pre-wedding appointment to make sure you are satisfied with the style and it works with the dress.

- Shop for bridesmaids' gifts and groomsmen's gifts.
- Register for wedding gifts.
- Start addressing invitations. Ensure proper postage by bringing one to the post office and have it weighed.
- Take a day off from all the wedding planning to pamper yourself. This is a day just for you to relax, have a massage, take a day off of work.

6 TO 8 MONTHS

- Mail invitations.
- Go over rehearsal dinner details and finalize them.
- Confirm reservations at hotels for out-of-town guests and also your reservations for your wedding-night.
- Confirm travel plans for your honeymoon.
- Ask the Maid of Honor and your attendants for help with small tasks.
- Pick up wedding rings.
- Have your gown pressed and make arrangements for pick-up date and time.
- Marriage license.

3 TO 6 MONTHS

- Plan seating arrangements.
- Start packing for the honeymoon.
- Meet with the D.J./Band and go over any special music requests.
- Meet with the coordinator at the reception site to go over all details, such as the time when the cake and flowers can be delivered and where on the day of the wedding.
- Set up time for pictures with the photographer. Make sure all parties who need to be there know this information ahead of time...don't forget to tell grandma and grandpa, brothers and sisters in case you are having family pictures at this time.
- Check over all contracts thoroughly. When they need to be paid and if all requirements are met.
- Take some time for the two of you... it's good to get away from all the stress of planning for awhile.

2 WEEKS

- Call the newspaper for information on placing a wedding announcement in the paper.
- Take care of life insurance beneficiary, health insurance plans that best suit both of you. If you are changing your name contact the DMV, bank, credit cards and Social Security.
- If possible, start writing checks for those needing to be paid. The officiant, photographer, videographer, DJ/band, etc.

- Assign some friends or family to be responsible for getting gifts to reception and transporting them at the end of the evening.

1 WEEK

- Contact the caterer with the final guest count.
- Take care of any last minute details with florist, musicians, etc.
- Write a note to your parents and his parents for their love and support.
- Put together a bag of everything you will need for the wedding day. Things to include... jewelry, extra pair of pantyhose, aspirin, bobby pins, safety pins, mints, undergarments. And don't forget something old, new, borrowed and blue!

3 DAYS

- Talk to the head usher about special seating arrangements or guests with special needs.
- Don't forget the marriage license. You may want to give it to the Maid of Honor or Best Man to bring to the ceremony.
- Notify attendants and parents on when they should arrive at the rehearsal. Give bridesmaids and groomsmen their gifts at the rehearsal dinner.
- Get plenty of rest and eat right and drink your water.

THE WEDDING DAY

- Eat a sensible breakfast.
- Give the maid of honor the groom's ring.
- Drink plenty of water.
- Get your hair and make-up done.
- Don't forget your "everything you need" bag.
- Get to the location on time.
- Relax and enjoy your day!

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FEE _____

MUSICIAN _____

ORGANIST/PIANIST _____

SINGER(S) _____

CEREMONY MUSIC SELECTIONS:

RESERVED SEATING

ROW 1/PEW 1 _____

ROW 1/PEW 2 _____

ROW 1/PEW 3 _____

ROW 1/PEW 4 _____

ROW 1/PEW 5 _____

ROW 2/PEW 1 _____

ROW 2/PEW 2 _____

ROW 2/PEW 3 _____

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WEDDING REGISTRY TIPS



Building a wedding registry is a task unlike any other couples may encounter during their lifetimes. Wedding registries are invaluable resources that provide engaged couples' loved ones with gift suggestions. In spite of that value, couples may find it daunting and even a little uncomfortable to build their wedding registries.

Building a wedding registry can feel like walking a tightrope. Couples likely won't want to ask for too much or for gifts that are too expensive, but a poorly built registry can be a major inconvenience for guests. The following tips can help couples build adequate registries that benefit them without asking too much of their guests.

Register with more than one store. It's important to register

with more than one store. Doing so makes things as convenient as possible for guests and increases the chances they will be able to shop at stores they're familiar with. Unless your guest list is predominantly local, try to register with at least one national chain so guests who live in different regions can shop for gifts in-person if they prefer to do so.

Make a large list. Some couples are hesitant to make large wedding registries, feeling that doing so gives the impression that they're asking for too much. But large registries simply give guests more options to choose from. Many industry insiders advise registering for two to three gifts per guest.

That might seem like a lot, but guests will appreciate having all of those options.

Don't hesitate to include expensive items on your registry. Couples also may be hesitant to include especially expensive items on their wedding registries. However, the couples' parents and other close relatives may be honored to purchase more expensive items, so couples should not feel embarrassed to include them on their lists. It's also important to note that many retailers, after couples' wedding days have come and gone, discount registry items that weren't purchased. So even if no one purchases the more expensive items, including them on a registry may significantly reduce their cost for couples who want to buy such items themselves after tying the knot.

Vary the prices of items on the list. In addition to

including more expensive items on the registry, make sure to include moderately priced and inexpensive items. This gives guests more options and ensures guests who might be spending a lot to travel to and from the wedding can still purchase gifts without digging too much deeper into their pockets.

Periodically update the registries. Periodically update your registries to remove items you have already received and to add items if many of the less expensive ones have already been purchased. This also makes things more convenient for guests.

Building a wedding registry is a unique task that couples can embrace as their wedding day draws near.

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Wedding Expenses



	Estimate	Deposit	Paid	Balance	Paid
BRIDAL CONSULTANT					
RINGS					
Engagement Ring					
Her Wedding Band					
His Wedding Band					
WEDDING ATTIRE					
Bride's Dress					
Headpiece					
Shoes					
Hair/Make-up/Manicure					
Groom's Tux/Suit					
Shoes					
Hair Stylist					
Bride's Attendants					
Groom's Attendants					
PRINTING					
Invitations					
Reply Cards					
Postage					
Programs					
Announcements					
Thank-You Notes					
Napkins					
CEREMONY					
Marriage License					
Location Fee					
Officiant					
Rentals					
Other					
RECEPTION					
Location Fee					
Food/Caterer					
Beverages					
Cake					
Servers					
Rentals					
Other					

	Estimate	Deposit	Paid	Balance	Paid
FLOWERS					
Ceremony					
Bride's Bouquet					
Attendant's Bouquet					
Flower Girl					
Boutonnieres					
Corsages					
Reception Site					
MUSIC					
Ceremony					
Reception					
PHOTOS					
Engagement					
Wedding					
Photographer					
Videographer					
Other					
TRANSPORTATION					
Limo					
Out-of-Town Guests					
GIFTS					
Attendants					
Groomsmen					
Favors					
Other					
PARTIES					
Engagement					
Rehearsal Dinner					
HONEYMOON					
Transportation					
Accommodations					
Expenses					
MISCELLANEOUS					
Expenses					

NOTES:

WEDDING CAKE QUESTIONS



- ♥ Do you work with fondant or buttercream?
- ♥ Can you make sugar flowers? If I choose fresh blooms, will you work with my florist?
- ♥ How far in advance will my wedding cake be prepared?
- ♥ Who will make my wedding cake?
- ♥ How are your wedding cakes priced?
- ♥ Does the wedding cake price include the top tier?
- ♥ Do you provide cake stands?
- ♥ What's the delivery process?
- ♥ Is the baker licensed by the state?



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QUESTIONS TO ASK THE CATERER



- ✓ Are you a full-time caterer?
- ✓ How much experience have you had with weddings?
- ✓ Have you handled events of my type and size?
- ✓ Do you specialize in a particular food or service style?
- ✓ How far in advance do we need to book?
- ✓ Can you arrange a tasting of the dishes we're interested in serving?
- ✓ Will you provide wait staff?
- ✓ What is the staff-to-guest ratio?
- ✓ Can you provide a list of references?
- ✓ What kind of kitchen facilities will you require?
- ✓ Do you work with fresh or



- frozen food?
- ✓ How many menu selections do you have?
- ✓ What are the cost differences per person?
- ✓ Are china, glassware and utensils included or are they an extra cost and how much?

- the service charge included or is it extra?
- ✓ Can you accommodate special dietary requirements?
- ✓ Do you provide alcohol and other beverages?
- ✓ If so, do you have a flexible wine list?
- ✓ If you don't provide beverages, when should we get them to you? Is there a corkage fee?
- ✓ Do you have the correct glassware for the beverages being served?
- ✓ How much time is needed to set up?
- ✓ What deposit is required?
- ✓ Is there an overtime charge? What about breakages?
- ✓ When is the final payment due?
- ✓ Do you have a special menu for children?
- ✓ Is food provided for the photographer, videographer, band or DJ?
- ✓ What type of food items do you recommend for my budget and the number of guests?
- ✓ If we choose a buffet style, is

QUESTIONS TO ASK THE PHOTO/VIDEOGRAPHER



- ✓ Will you personally be taking the photographs/video at our wedding?
- ✓ How many years of experience have you had? How many weddings have you done?
- ✓ Have you had any formal training?
- ✓ Can we see your portfolio?
- ✓ How far in advance should we book?
- ✓ Do you have another job on the day of our wedding?

- ✓ What are your criteria for choosing what you will photograph/video at a wedding?
- ✓ Are we able to give you a list of the photographs we would like?
- ✓ Are you available before and after the ceremony, at my home and at the reception?
- ✓ Have you previously worked at our ceremony and reception site?

- ✓ Do you have a list of different locations that may be suitable for our wedding photos/video?
- ✓ How do you charge: A flat fee or by the hour? Will you stay longer if required? If so, what are the rates for overtime?
- ✓ Do you have back-up equipment if something goes wrong?
- ✓ Will there also be an assistant?

- ✓ Are there any other costs (travel, etc.)?
- ✓ Do you have package deals? If so, what is included? (albums, CDs)
- ✓ What is your payment and cancellation policy?
- ✓ Do you offer any type of guarantee?
- ✓ On average, how long does it take for the proofs of the pictures to be ready?

- Once we have ordered the photos, how long will it take before we receive them?



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GIFT _____
THANK YOU SENT

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READY DATE _____

OF CEREMONY GUESTS _____

OF RECEPTION GUESTS _____

INVITATION INFORMATION/ RECEPTION CARD INFORMATION

DATE/TIME _____

TIME _____

LOCATION/ADDRESS _____

RSVP CARDS & ENVELOPES INFORMATION

RESPOND BY _____

RECEPTION CARDS _____

NAME _____

THANK YOU NOTECARDS _____

ADDRESS _____

EMBOSSSED NAPKINS _____

NOTES:

RSVP CARDS/ENVELOPES/QTY. _____ PRICE _____

GUEST/GIFT RECORD BOOK _____

ANNOUNCEMENTS _____

CEREMONY PROGRAMS _____

BAKERY

ADDRESS _____

PHONE _____

CONTACT _____

WEDDING CAKE

NUMBER OF SERVINGS/PERSON _____

DESCRIPTION _____

CAKE TOP OR FOUNTAIN _____

MINTS _____

CELEBRATIONS

DATE/TIME _____

EVENT _____

HOST/HOSTESS _____

PHONE _____

LOCATION/ADDRESS _____



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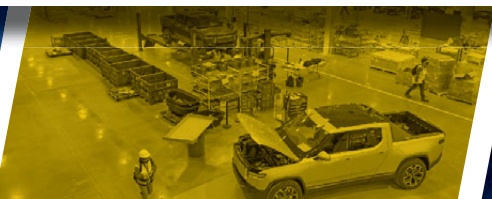
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Crowd celebrates Africa's latest coup, Page 2

Neighbors of Georgia's Rivian plant are weary, Page 3

Eduardo Sánchez is still happily lost in creepy woods, Page 4

Winter chicken salad packed with good-for-you greens, Page 5

WEDNESDAY, JANUARY 26, 2022 | NATION PLUS - A FORUM COMMUNICATIONS EXTRA

Biden threatens Putin with rare sanctions

West continues to step up Ukraine defenses

By Humeyra Pamuk, Dmitry Antonov and Jeff Mason
Reuters

Washington/Moscow

President Joe Biden said on Tuesday he would consider personal sanctions on President Vladimir Putin if Russia invades Ukraine, as Western leaders stepped up military preparations and made plans to shield Europe from a potential energy supply shock.

The rare sanctions threat came as NATO places forces on standby and reinforces eastern Europe with more ships and fighter jets in response to Russia's troop build-up near its border with Ukraine.

Russia denies planning an attack and says the crisis is being driven by NATO and U.S. actions. It is demanding security guarantees from the West, including a promise by NATO never to admit Ukraine. Moscow sees the former Soviet republic as a buffer between Russia and NATO countries.

Following multiple rounds of U.S.-Russia talks over Ukraine that failed to reach a



Alexander Ermochenko / Reuters

A militant of the self-proclaimed Luhansk People's Republic holds a weapon at fighting positions on the line of separation from the Ukrainian armed forces Tuesday in the village of Zholobok in Luhansk Region, Ukraine.

breakthrough, Biden, who has long warned Moscow of economic consequences, upped the ante on Tuesday by saying Putin could personally face sanctions.

Biden told reporters that if Russia were to move into Ukraine with the estimated 100,000 soldiers it has massed near the border, it would be

the "largest invasion since World War Two" and would "change the world."

Asked if he would see himself imposing sanctions on Putin directly if Russia invaded Ukraine, Biden responded: "Yes. I would see that."

Direct U.S. sanctions on foreign leaders are rare but not unprecedented. Others

who have faced sanctions include Venezuela's Nicolas Maduro, Syria's Bashar al-Assad and Libya's Muammer Gaddafi.

On Tuesday, a U.S. plane carrying military equipment and munitions landed in Kyiv, the third installment of a \$200 million package to shore up Ukraine's defenses.

The Pentagon has readied about 8,500 U.S. troops to be deployed to NATO's eastern flank. Biden said on Tuesday he may move the troops in the nearer term but ruled out sending unilateral U.S. forces to Ukraine, which is not a NATO member.

So far, NATO has about 4,000 troops in multinational

battalions in Estonia, Lithuania, Latvia and Poland, backed by tanks, air defenses and intelligence and surveillance units.

As Western leaders appeal for unity, differences have emerged among European nations over how best to respond. Putin is due to meet Wednesday with the heads of some of the biggest companies in Italy, Russia's fifth biggest trading partner, despite the rising tensions.

"It is absolutely vital that... the West is united now, because it is our unity now that will be much more effective in deterring any Russian aggression," British Prime Minister Boris Johnson said, adding Britain was discussing with the United States the possibility of banning Russia from the SWIFT global payments system.

French President Emmanuel Macron said he would seek clarification over Russia's intentions in a phone call with Putin set for Friday. Political advisers from Russia, Ukraine, Germany and France are due to meet in Paris on Wednesday.

Rhode Island to settle opioid claims

In reversal, state throws its support behind \$21B lawsuit

By Nate Raymond
Reuters

Rhode Island on Tuesday reversed course and threw its support behind a \$21 billion nationwide settlement it originally declined to back resolving lawsuits alleging that three large drug distributors fueled the deadly U.S. opioid epidemic.

Rhode Island Attorney General Peter Neronha's announcement marked the latest instance of a holdout state opting into the settlement with the big three drug distributors McKesson Corp, AmerisourceBergen Corp and Cardinal Health Inc.

Cities and counties in states that have agreed to settle face a Wednesday deadline to join the distributors' settlement and a related \$5 billion agreement



Bryan Woolston / Reuters / File Photo

Tablets of the opioid-based hydrocodone at a pharmacy in Portsmouth, Ohio in 2017.

with the drugmaker Johnson & Johnson.

How much the companies ultimately must pay and how much outstanding litigation they will face depends on state and local government participation. The deadline was recently extended as more states opted to settle.

Rhode Island will receive at least \$90.8 million over 18 years from the distributors under an agreement the state said ensures it receives money regardless of whether the global settlement proceeds.

AmerisourceBergen said it was "pleased to see the increased commitment to participation in the global settlement process." Cardinal Health had no comment. McKesson did not respond to requests for comment.

More than 3,300 lawsuits, largely by state and local governments, are pending seeking to hold those and other companies responsible for an opioid abuse crisis that led to hundreds of thousands of overdose deaths in the United States. The companies deny wrongdoing.

Rhode Island had previously agreed to settle with J&J but not the distributors.

The number of states that have not agreed to settle with some or all of the four companies has dwindled from nine in September to five, including Washington, which has taken the distributors to trial.

New Hampshire settled with the distributors but not J&J. A trial in that case set for next week was delayed on Monday to September due to the COVID-19 pandemic.

National Guard teaches in COVID-hit schools

New Mexico governor will also volunteer as substitute teacher

By Andrew Hay
Reuters

TAOS, N.M. - National Guard members in New Mexico have begun substitute teaching and the governor said she would do the same in a bid to keep students in classrooms during a COVID-19 surge.

Parents and public workers are volunteering in schools across the country to address teacher shortages. Michelle Lujan Grisham, New Mexico's Democratic governor, went further in asking National Guard members to volunteer as substitutes.

Over 60 New Mexico schools have switched to remote learning since winter break. But, according to a legislative report, online learning has proved disastrous for students in a state already ranked among the lowest for education.

Since Lujan Grisham put out the call for Guard and state employee volunteers last week, 59 people have been cleared to teach following background checks and online training, the state education department said.

Lujan Grisham has also completed the process and will announce her plans this week, spokeswoman Nora Sackett said in an email.

New Mexico Republicans called her move to teach a "publicity

stunt" and said she allowed the teacher shortage to happen.

"This is an act of desperation," state Republican party Executive Director Kim Skaggs said in a statement.

Schools across New Mexico had more than 1,000 unfilled teaching positions in October 2021, nearly double a year earlier, according to a New Mexico State University study.

The pandemic exacerbated teacher resignations as socio-economic conditions worsened for students in one of the poorest U.S. states, researchers found.

To stem the teacher exodus, the governor has requested funds for an up to 7% increase in wages.

Education unions have supported the governor's substitute teacher plan, with the proviso it is an emergency measure and not a long-term fix.

"It's a big idea to try to address a crisis," National Education Association New Mexico President Mary Parr-Sanchez said.

In neighboring Texas parents stepped in to keep in-person classes going as teachers stayed home with COVID-19.

"It's unpredictable, we don't know what day is going to have however many people out," said Marisela Maddox, one of about half a dozen parent volunteers at Austin Jewish Academy.

Crowd celebrates Africa's latest coup

Takeover condemned by international powers, but some at home glad

By Anne Mimault
and Thiam Ndiaga
Reuters

OUAGADOUGOU - More than 1,000 people gathered in Burkina Faso's capital Ouagadougou on Tuesday in support of a military coup that a day earlier ousted President Roch Kabore, dissolved the government and suspended the constitution.

The fifth coup in West and Central Africa this decade comes amid an increasingly bloody Islamist insurgency that has killed thousands and displaced millions across the Sahel region, eroding faith in democratic leaders to combat the problem.

On Monday, soldiers announced they had overthrown Kabore, who came to power in 2015, a move condemned internationally but welcomed by some at home tired of widespread insecurity, alleged corruption and deep poverty.

The putschists, called the



Anne Mimault / Reuters / File photo

People gather Tuesday in support of a coup that ousted President Roch Kabore, dissolved government, suspended the constitution and closed borders in Ouagadougou, Burkina Faso.

Patriotic Movement for Safeguard and Restoration (MPSR), presented Kabore with a hand-written resignation letter on Monday,

which he signed, according to numerous sources who shared the letter with Reuters and verified its authenticity.

"In the interests of the

nation, following events that took place since yesterday, I have decided to resign from my role as president of Burkina Faso," said the letter.

An MPSR statement read on television said it was re-opening borders a day after closing them.

Kabore's whereabouts were unknown on Tuesday. The MPSR has said he was detained at a secure location. Vehicles belonging to the presidential fleet were seen riddled with bullets near Kabore's residence the day before.

France's President Emmanuel Macron said the situation had appeared calm in the last few hours and that he had been informed Kabore was "in good health" and not being threatened.

The United States, the United Nations, regional political bloc ECOWAS and the G5 group of Sahel nations all condemned the coup.

ECOWAS said in a state-

ment on Tuesday that Kabore was forced to resign under "threat, intimidation and pressure" from the military, and it will hold an emergency summit to discuss a response in the coming days.

ECOWAS has already slapped broad sanctions on neighboring Mali where there have been two military coups since August 2020.

A military-led interim government said this month that it planned to hold on to power until December 2025 - nearly four years after it initially agreed to hold democratic elections - prompting ECOWAS to close borders with Mali and cut it off from financial markets.

Armies have also staged coups in Guinea and Chad in the last year, raising worries about a return to the latter stages of the last century when frequent putches across West and Central Africa saw the region dubbed "The Coup Belt."

Consumer confidence dips, but more plan to buy big-ticket items

By Lucia Mutikani
Reuters

WASHINGTON - U.S. consumer confidence ebbed slightly in January, with more consumers planning to purchase homes, automobiles and other big-ticket items even as they grew less optimistic about business and labor market conditions in the short term.

The survey from the Conference Board on Tuesday also showed consumers' inflation expectations moderating for a second straight month, though still high. Labor market views soft-

ened a bit, likely reflecting the disruptions on businesses caused by the winter wave of COVID-19, fueled by the Omicron variant.

"While consumer confidence dipped this month, consumers generally have faith in the strength of this recovery," said Robert Frick, corporate economist with Navy Federal Credit Union in Vienna, Virginia.

The Conference Board said its consumer confidence index slipped to a reading of 113.8 this month from 115.2 in December. Economists polled by Reuters had forecast the index falling to

111.8. Despite the first decline in four months, the index is well above pandemic lows.

The survey places more emphasis on the labor market, which is tightening amid worker shortages. The cut-off date for the survey was Jan. 19. The University of Michigan's consumer sentiment index fell moderately in mid-January.

The Conference Board survey's measure of current conditions rose, a sign that the economy entered 2022 on strong footing. Its gauge of expectations for growth in the short term eased in line with views that Omicron will slow

economic growth this quarter.

The United States is reporting an average of 696,541 new coronavirus infections a day, according to a Reuters analysis of official data. Infections, however, appear to be subsiding in some regions, including the hardest-hit New York.

Against the backdrop of a stock market rout, some economists viewed the decline in short-term expectations as a warning sign.

Wall Street has come under intense selling pressure as investors fear aggressive interest rates increases by the Federal Reserve to tame inflation, as well as a possible Rus-

sian invasion of Ukraine.

U.S. stocks were lower, with the S&P 500 index flirting with a correction for the second time this year. The dollar gained versus a basket of currencies. U.S. Treasury prices fell.

"We don't remember consumer confidence remaining high for long historically when Wall Street is in a tailspin, said Christopher Rupkey, chief economist at FWD BOND in New York. "Consumers already think business conditions will not be as positive six months from now before the stock market tumbled."

BRIEFS

Canada watchdog says funds for inactive oil well cleanup may come up short

CALGARY, Alberta/OTTAWA - Funds allocated by the Canadian government to help clean up the country's orphan oil and gas wells may fall short if the main oil-producing province of Alberta continues to allocate the money to financially viable companies, the parliamentary budgetary watchdog said on Tuesday.

About half the funds in Alberta went to 10 companies that are expected to remain financially viable over the next few years, including some of Canada's largest energy producers - Canadian Natural Resources Ltd, Imperial Oil, and Cenovus Energy, budgetary officials said. All have benefited from surging oil prices in recent months.

Bosnia risks entering legal and institutional vacuum, group says

SARAJEVO - Bosnia ranks as the third worst country in Europe on the Corruption Perception Index (CPI) and is at risk of entering a legal and institutional vacuum which could threaten the survival of the state, Transparency International (TI) warned on Tuesday.

The Balkan country is going through its worst political crisis since the end of a war in the 1990s after Bosnian Serbs blocked decision-making in national institutions and launched a process to withdraw from the state armed forces, tax system and judiciary.

UNICEF says fears grow over fate of 850 children in besieged Syrian prison

AMMAN - Fears are growing for hundreds of children in a Syrian prison seized by Islamic State inmates, after six days of clashes with Kurd-

ish-led fighters seeking to regain control of the facility, the United Nations children's agency said on Tuesday.

About 850 children are caught in the crossfire as Kurdish-led Syrian Democratic Forces (SDF) aided by U.S. troops attempt to storm the prison in Hasaka city after it was seized by militants last Thursday, leaving dozens dead.

US Horn of Africa envoy to discuss Sudan in trip to five nations

WASHINGTON - The U.S. special envoy for the Horn of Africa will visit Kenya, Egypt, United Arab Emirates, Turkey and Israel this week to discuss Sudan and regional peace, the State Department said on Tuesday.

David Satterfield will meet with officials from the respective governments from Jan. 24 to Feb. 4 "to promote democratic civilian rule in Sudan and support peace and prosperity in the Horn of Africa," it said in a statement.

Ugandan author and Museveni critic re-arrested after freedom ruling

KAMPALA - A Ugandan court ordered an award-winning author and prominent government critic free on bail on Tuesday, but he was immediately arrested again, his lawyer said, prolonging weeks of detention that have brought accusations of torture.

Kakwenza Rukirabashaija, 33, is best-known for "The Greedy Barbarian," a novel about greed and corruption in a fictional country that has been widely interpreted as a satire about Uganda's long-serving President Yoweri Museveni.

Last year, Rukirabashaija won the PEN Pinter Prize for an "International Writer of Courage."

'El Chapo' conviction upheld by US court

Mexican drug kingpin will remain in prison

By Jonathan Stempel
Reuters

NEW YORK - The Mexican drug kingpin known as "El Chapo" will stay in prison after a U.S. appeals court refused to overturn his 2019 drug trafficking conviction despite a report that jurors had tracked the case in the media during his blockbuster trial.

A three-judge panel of the 2nd U.S. Circuit Court of Appeals in Manhattan on Tuesday rejected 10 arguments by the defendant, whose real name is Joaquin Guzman, for a new trial, including that deplorable jail conditions undermined his defense.

"I'm sure Mr. Guzman will seek Supreme Court review," Guzman's defendant's lawyer Marc Fernich said in an email. "We're disappointed that substantial allegations of grave jury misconduct continue to be swept under the rug ... all, it appears, because of the defendant's matchless notoriety."

The office of U.S. Attorney Breon Peace in Brooklyn declined to comment.

Guzman, 64, was convicted in February 2019 of trafficking billions of dollars of drugs and conspiring to murder enemies, stemming from his role as a leader of Mexico's Sinaloa cartel.

He has been serving a life sentence at Colorado's Supermax, the most secure federal prison, and was also ordered to forfeit \$12.7 billion.

Guzman's appeal focused on a Vice News article published one week after the verdict, where an unnamed juror said at least five fellow jurors followed media coverage of the trial, and lied about it to the presiding judge.



Henry Romero / Reuters / File Photo

Recaptured drug lord Joaquin "El Chapo" Guzman is escorted by soldiers at the hangar belonging to the office of the attorney general in January 2016 in Mexico City.

The coverage included accusations that Guzman had drugged and raped teenage girls, which Guzman's lawyers denied and U.S. District Judge Brian Cogan refused to allow into the trial.

Judges in high-profile cases ordinarily instruct jurors not to follow their trials in newspapers, TV and the internet, including social media.

Circuit Judge Jon Newman said the unsworn juror's unsworn, uncorroborated statements to Vice News were not "clear, strong, substantial and incontrovertible evidence" requiring Cogan to haul jurors back for questioning.

"None of the allegations in the Vice News article shows that any juror was not impartial, harbored bias against Guzman, or was otherwise unfit to serve," Newman wrote.

Newman said Cogan had also during the trial spoken with

two jurors who saw information about the case, and acted within his discretion in concluding they could be fair.

Guzman also objected to being confined after his January 2017 extradition to a small windowless cell at least 23 hours a day in the since-closed Metropolitan Correctional Center in Manhattan.

But Newman said the jail conditions, "harsh as they were," did not make the trial unfair, citing Guzman's history of prison escapes and managing his illegal affairs from jail, and safety concerns if he lived with other inmates.

Emma Coronel Aispuro, Guzman's wife, was sentenced in November to three years in prison after she admitted to helping run his drug empire, and involvement in his July 2015 escape from a Mexican prison through a tunnel dug into his cell. Guzman was recaptured in January 2016.



Tribune News Service

Vehicles are assembled and tested Wednesday, April 14, 2021, before the new Rivian plant fully opens in Normal, Illinois.

Electric vehicle plant sparks fear Neighbors of Georgia's Rivian plant are weary

By Andy Peters

The Atlanta Journal-Constitution

Clint Powell's home in Social Circle, Georgia sits on a two-acre lot, about 300 yards from the property where electric vehicle maker Rivian plans to begin building a giant factory soon.

He's pretty sure it will change his life, but residents like him are still trying to find out how much.

Some are exploring if they can stop or limit the project, including throwing up possible zoning roadblocks.

"I think the size of this Rivian plant really scares a lot of people," said Powell, an electrical contractor who has been living in the area for 17 years.

For months last year, as local and state authorities negotiated in secret with Rivian, residents were kept in the dark in this largely rural area about 45 miles east of Atlanta.

A few days before Christmas, Rivian confirmed it will build a \$5 billion factory on a roughly 2,000-acre site here and employ about 7,500 people. Gov. Brian Kemp called it the largest economic-development project in state history.

Area residents say they are still struggling to get information even as Rivian plans to break ground in the coming months. Rivian says it will meet with neighbors but hasn't shared a date. Local authorities canceled a community meeting this past week after residents left an earlier meeting frustrated.

Among the unanswered questions: How much new traffic can residents expect? How close will the factory get to property lines? How bright will the lighting be? How will the water supply be protected?

Local opposition to the plant appears loosely organized, but residents also haven't had much time to organize. Some yard signs have begun popping up in Social Circle, population 4,974, in Walton County. In the smaller neighboring Morgan County community of Rutledge, on the other side of the planned plant, a "Rutledge Opposed to Rivian Assembly Plant" Facebook group has about 770 members, almost as large as the town's population.

About 55% of the proposed factory site is zoned for agricultural and residential use, and the local joint development authority has submitted applications to rezone that acreage for industrial use. Morgan and Walton county commissioners will hold separate votes March 1. Social Circle's city council will vote March 15.

"When we first moved to Conyers, it was a nice, quiet community. Then it grew and grew. We finally moved to a place we thought would be peaceful and quiet and then this popped up."

MIKE BURDETTE,
FORMER CONYERS RESIDENT

Thwarting the factory may be a long shot, but it could work, said John Gardner, a Social Circle resident.

"If you have enough people that show enough passion and make their voices heard that they do not want it here, and if the government realizes the impact that this will have on people's lives, it can be turned down," said Gardner, who called the secrecy around the project "unsettling."

The local joint development authority declined to make its executives available to The Atlanta Journal-Constitution for interviews for this article. The state Department of Economic Development also declined comment.

In an emailed statement, California-based Rivian said it is "dedicated to becoming a valued member of the communities surrounding our Georgia facility," including "listening first to our future neighbors" and dedication to "sustainability and conservation."

Cox Enterprises, owner of the AJC, owns a 4.7% stake in Rivian and supplies services to Rivian. Sandy Schwartz, a Cox executive who oversees the AJC, is on Rivian's board of directors and holds stock personally. He does not take part in the AJC's coverage of Rivian.

The area around the proposed Rivian site, just north of I-20, is dotted with farmland, woods and homes. In Social Circle, General Mills operates a warehouse less than a tenth the size of the proposed Rivian plant. On the south side of I-20, a large Takeda pharmaceutical plant and a Facebook data center have been built in recent years, but residents say fewer people lived near those sites.

Ken Edwards said it's good for Georgia that Rivian will create jobs, but that he moved to Social Circle from Dacula "for the small-town atmosphere, and I would hate to lose that."

According to a site plan posted online recently by economic development officials, the plant will include 12 buildings with about 19.8 million square feet of interior space. The site also will have parking lots for

cars and logistics trailers, waste and recycling facilities, storm-water management ponds and several new roads.

The state Department of Transportation likely will build a new interchange where Old Mill Road crosses I-20. Lighting for employee parking areas will "follow dark sky principles to reduce light pollution." The property also will include minimum 100-foot buffers near residential areas, according to the site plan.

At a community forum in the Social Circle Middle School gymnasium attended by about 150 people on Jan. 10, residents voiced concerns about traffic, noise and water quality. Many weren't happy with the responses from Shane Short, executive director of the Joint Development Authority of Jasper, Morgan, Newton and Walton Counties.

Amid questioning that grew heated at times, Short stressed nondisclosure agreements are standard in recruiting large economic-development projects.

When an attendee asked Short about possible conflicts of interest involving Alan Verner, the authority's former chairman who is selling land for the Rivian project, Short said Verner left the room when votes were taken. The crowd responded with sarcastic laughter.

Short and Verner did not respond to requests for comment. The authority canceled a community forum in Rutledge planned for Jan. 20.

Plant plans appear to be moving quickly. Short told residents land sale contracts will be finalized in March and site work will begin this spring. Rivian said last month it planned to start construction this summer, with production of electric vehicles beginning in 2024.

Mike Burdette isn't happy. After living in Conyers for more than 50 years, he and his wife decided to move to a less-developed area and picked Rutledge.

"When we first moved to Conyers, it was a nice, quiet community," he said. "Then it grew and grew. We finally moved to a place we thought would be peaceful and quiet and then this popped up."

Burdette closed on the purchase of his new home Dec. 17. A day earlier, Rivian announced it would be building nearby. Burdette said it was too late to back out.

Atlanta Journal-Constitution staff photographer Curtis Compton contributed to this article.

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Minnesota bucks national union trend

2021 union membership grew to highest level in 14 years

By Dee DePass
Star Tribune

With new construction projects and fresh organizing, Minnesota union membership in 2021 grew to its highest level in 14 years, seemingly bucking a national trend that has seen memberships bouncing close to 40-year lows.

The number of Minnesota workers belonging to a union swelled slightly last year — from 398,000 to 416,000, or 16% of all workers, according to data released by the U.S. Labor Department last week.

It's also a big bump from 2019 when only 364,000 Minnesota workers, or 13.7%, were union members. Union organizers attribute the uptick to increased organizing and big infrastructure projects like the \$3 billion Enbridge pipeline built across northern Minnesota.

"Through a combination of workers organizing unions at their workplace and others flocking to union jobs ... working people across Minnesota stood up in 2021 and demanded a voice on the job, better pay and benefits, and safer workplaces," said Bill McCarthy, president of the Minnesota AFL-CIO.

Minnesota leaders also expect union growth to continue in 2022. Economists note, though, that national trends are not looking as good despite activism last year that saw strikes at companies such as Kellogg's and John Deere — and the first successful drives at other companies such as Starbucks.

Nationally, union membership fell in 2021 by 241,000 to 14 million, or 10.3% of all U.S. workers, according to the Bureau of Labor Statistics (BLS) report. It was a return to the rate seen in 2019.

"The decline of union membership in 2021 is a wake-up call to lawmakers that we must reform our broken labor law," said Heidi Shierholz, president of the Economic Policy Institute. "As a result of decades of relentless attacks on the right to organize, the current unionization rate is well under what it was roughly 40 years ago."

In 1983, the U.S. had 17.7 million union workers and a union membership rate of 20.1%. Union participation in Minnesota stood at 23% that year, the first in which the government began tracking comparable data nationwide.

In a conference call last week, Shierholz noted that union shops tend to have better employee wages and benefits. In 2021, union workers earned a median \$1,169 a week vs. \$975 for non-union shops.

The report also found that union activity was far from consistent.

Hawaii and New York had the highest representation of union activity in 2021, with 22% of all workers in both states being bound by collective bargaining contracts. South Carolina and North Carolina had the weakest representation with just 1.7% and 2.6%, respectively.

Minnesota proved some-

where in the middle.

Even so, Minnesota union leaders pointed to new organizing efforts as proof of a continued need for representation.

Since Labor Day, the health care sector saw 10% growth in union membership through active organizing, said SEIU Healthcare Minnesota President Jamie Gully.

"That is going to continue," Gully said. "Health care workers going into year three of the pandemic do not feel that they have been supported by their employers."

Officials with Laborers' International Union of North America (LIUNA) of Minnesota and North Dakota and Minnesota AFL-CIO credited the growth to pressures COVID-19 exacted on the health care industry; a rise in state and federal funds aimed at the heavily unionized construction trades; and the "Great Resignation," which saw many Minnesotans flee non-union jobs for higher-paying union jobs.

Organizing efforts included health care workers at Fairview and Allina health systems and nursing homes.

Workers at Half Price Books in Coon Rapids, Roseville, St. Paul and St. Louis Park also formed a union.

Plus, construction projects from Rochester to the Iron Range employed more union trades workers.

Minnesota union membership benefited from the March passage of President Biden's \$1.9 trillion American Rescue Plan Act of 2021, and November's passage of the \$1.2 trillion Infrastructure Investment and Jobs Act, said Gully and other AFL-CIO officials.

Both acts should continue to shuffle billions into Minnesota's highly unionized construction sector, they said. LIUNA of Minnesota and North Dakota is expecting membership to grow because of this and is currently completing an expansion of a training center in Hugo, said Liz Xiong, spokeswoman for LIUNA.

The Enbridge pipeline project and the completion of the massive Interstate 35 project in the Twin Cities both contributed to an increase in membership that went from 12,802 at the beginning of the year to 13,424 in October, she said.

All 18 locals in the Iron Range Building and Construction Trades organization in the northeastern part of the state are adding apprentices, journeymen and other trades professionals, said Mike Syversrud, president of the group.

For example, there are \$100 million worth of road and bridge work in Itasca County, a new hotel, hockey rink and bumper car event center in Virginia, plus three new schools in Eveleth and Virginia, and the \$900 million Vision Northland Hospital being built by Essentia Health in Duluth.

Vision Northland alone calls for 5,600 construction jobs and almost all are union posts.

"I don't know of a single trade this year that has not been busy," Syversrud said. "We have all been scrambling to find more workers."

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Jack Kurtz / ZUMA Wire / TNS

In this photo from February 28, 2020, members of the SEIU Local 26 picketed an entrance to the Minneapolis St. Paul International Airport. About 4,000 janitorial and custodial workers represented by the Service Employees International Union (SEIU) Local 26 in the Twin Cities were on an Unfair Labor Practices (ULP) strike for better wages and benefits.

Eduardo Sánchez is still happily lost in creepy woods

Sánchez leaves his mark from 'Blair Witch Project' to 'Yellowjackets'

By Mary McNamara
Los Angeles Times

Any "Blair Witch Project" obsessives who started combing the "Yellowjackets" finale frame by frame the moment they heard it was directed by Eduardo Sánchez can stop now. The Showtime series may tick many of the boxes that made Sanchez and Daniel Myrick's first film a cultural icon — one half of the series deals with freaked-out young people lost in very creepy woods dotted with disturbing iconography — but Sánchez did not slide a random stick man into any "Yellowjacket" scenes.

He was tempted, he says. He managed to slide a "Blair Witch" symbol into the last episode of "Supernatural" he directed. Which, as the forest gods would have it, was filmed in the same Vancouver, Canada, location where much of the wilderness portion of "Yellowjackets" was filmed. Until recently, the paintball park that stands in for the forest home of the stranded girls' soccer team was the woodland home of "Supernatural," for which Sánchez directed five episodes, including one in the 15th and final season. In fact, when he described the cabin in which the Yellowjackets find shelter after their plane crashes to "Supernatural" production designer Jerry Wanek, Wanek said: "I built that cabin."

No cinematic storyteller should turn down the combined juju of "Blair Witch" and "Supernatural," but "Yellowjackets" is doing just fine with its own eerie and triggering symbol. Nor does Sanchez need to remind anyone of the enduring power of the Witch; she continues to manifest in everything from the little wooden figures in the first season of "True Detective" to the hot new Netflix series "Archive 81," which opens with a young woman in obvious distress talking into a video camera and begging for help.

"Archive 81" is not entirely found-footage horror, the narrative form "The Blair Witch Project" turned into a subgenre. It chronicles the efforts of film archivist Dan Turner (Mamoudou Athie) to restore cassettes made by a doctoral student, presumed dead in the fire from which the cassettes were rescued. Like "Yellowjackets," the new series toggles between two time frames, but the influence of "The Blair Witch Project" is strong enough that the film is name-checked at least once. And when Dan finds himself wandering through an empty wood, it's hard not to scan the branches for hanging stick figures or the ground for eerie stone piles.

"I haven't seen it yet," Sánchez says in a recent conversation from his home in Frederick, Maryland. "I've heard it's good and it's definitely on my list. I still consider myself a

horror filmmaker; I try to keep up with all the new work."

When I tell him the "Blair Witch" name check comes in the form of a woman saying the tapes are fakes and "those 'Blair Witch' guys didn't invent that," he laughs.

"I was surprised that people are still doing found-footage," he says. "And we didn't invent it but it became a fad after our film. I'm a fan of a lot of these filmmakers and I love to see how found-footage has evolved. At first people dismissed it as amateurish filmmaking — you know, the shaky hand-held camera, the improvisation — but now they realize it's not easy to do."

In today's world of the Marvel cinematic multiverse and of instant-peak TV, when shows flare up only to fade immediately under the next explosion, it's hard to remember the seismic impact that the small but mighty "Blair Witch" had on horror, indie film and digital marketing. Many of those lucky enough to see it in theaters (including myself) often recount the experience in great emotional detail, as if they had survived the Titanic (the sinking ship, not the movie).

Not everyone loved the film or the out-there marketing meant to trick you into almost believing it was a documentary. But it was a nine days' cover-of-Time wonder in a way few things are any more, and more than 20 years later it still follows Sánchez where ever he goes.

"A lot of people still want to talk about it," he says, "and they wonder, 'Does he want to talk about it?' I'm happy to talk about it; it got me my career, it got me to 'Yellowjackets,' it got me to this interview. I love being one of the 'Blair Witch' guys."

Sánchez has directed several horror films, including "Curse of the Blair Witch" and "Lovely Molly," but like many filmmakers he has increasingly worked in television. In 2014, after Sánchez helmed episodes of the short-lived series "Intruders," Robert Rodriguez drafted him to direct on "From Dusk Till Dawn: The Series" for the then-new El Rey network.

"He's a legend, so how could I say no?" says Sánchez, who was born in Cuba. "He said we're going to do a bunch of shows with Hispanic directors, which was such a great idea. And I learned so much every day on the set, how to be a boss, how to make TV."

He had a couple of other series set up for El Rey that never made it out of development, and the network went dark in 2020 before announcing a new streaming deal with Cinedigm last year. "Robert definitely put the spotlight on Hispanic issues and introduced a lot of Hispanic actors to other audiences. There's a lot of Latino shows that seem to be in development, but it's hard to get a green light."



Mamoudou Athie as Dan Turner in "Archive 81."

Since then, he has directed for a variety of series, including "Lucifer," "Queen of the South" and "American Horror Stories," and although he has a feature film in development, Sánchez is, like many, increasingly happy to be working in television. But his first love is horror, and even with all the new special effects and streaming's binge model, serialized horror is hard to do.

"You have to create a situation in which the main characters don't or can't run away," he says. "I mean at a certain point, the audience will wonder, 'Why don't they just leave the house or kill that guy?' So you have to figure out how to keep them in whatever horror bubble you've created. That's why 'American Horror Story' works so well as an anthology. The art of horror is keeping stuff from the audience; once you reveal something, you have to write for it and then it's less scary."

That is something the creators of "Yellowjackets" understand; brief glimpses of what appears to be a cannibalistic rite remain just that throughout the show's first season — brief glimpses. Both the teenage characters and their adult versions endure more than enough drama and trauma to keep audiences enthralled as the big question remains unanswered (and not really even addressed) in the season finale.

Sánchez was thrilled when he was offered the finale — and a little intimidated. First of all, he'd be walking into the story at its climax, and then there was the bear. And the snow.

In one scene, a bear comes out of the woods and threatens the young women before it is subdued and killed in a dramatic and mystical way. Reading this scene on the page made Sánchez very, very anxious. "There was a very famous bear in Vancouver who did all sorts of movies; he was like a rock star bear. I said 'Let's get him.' But he had passed away. So we got this other bear and the first thing the trainer says is, 'Well, we don't always know what he's going to do.' So interacting with the



Jasmin Savoy Brown, left, as Teen Taissa and Liv Hewson as Teen Van in "Yellowjackets."

actors was out, and even the camera crew were behind this electric fence."

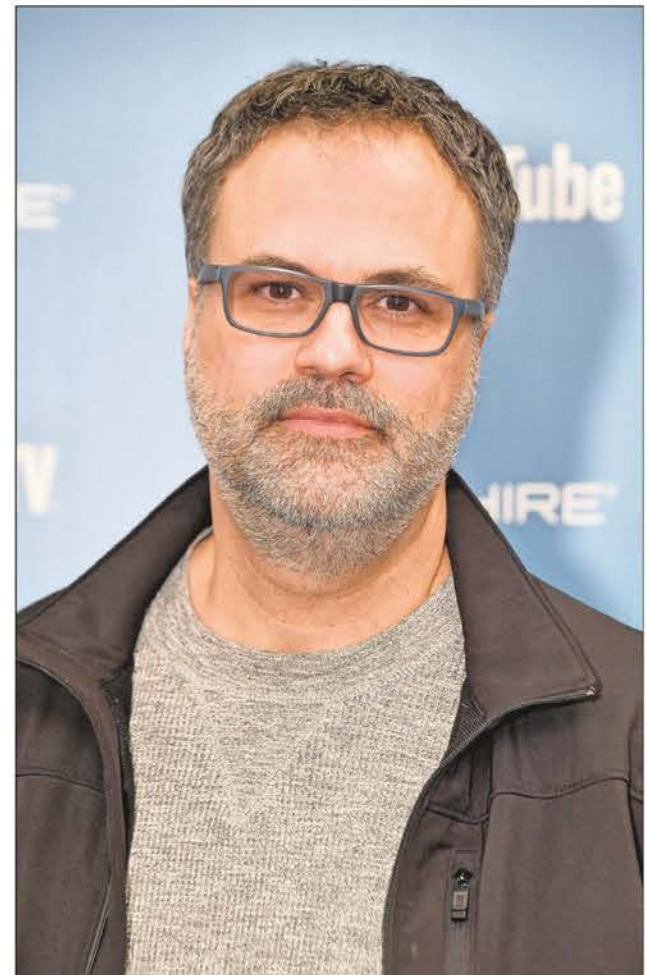
Fortunately, the bear put in an excellent performance, Sánchez says, and they were able to green screen him in with the actors.

The snow, on the other hand, had to be trucked in and trucked out, which was a lot. "TV is challenging in its own way, and this is ambitious TV. You have to deal with a lot of logistical issues, look for reductions where you can but still give the writers what they are asking for."

If nothing else, "Blair Witch" taught him how to be logistically creative. He and Myrick did not have to deal with a bear, but neither did they have access to a sprawling paintball park. Much of the film was shot at Seneca Creek State Park near Gaithersburg, Maryland, and spinning a tale of three people lost in what was actually a two-square-mile state park requires some serious fake-outs. "There were times when if you moved the camera a bit, you'd see the road, or a parking lot. We had to zigzag the cast a lot."

What wasn't faked, Sánchez says, was the spookiness of the ruined house in which the film ends. The ruins of Griggs House, in nearby Patapsco Valley State Park, quickly became a top fan destination. When they were demolished a few years ago following a storm, many fans protested, but Sánchez admits he doesn't feel terrible about it.

"I always felt like something bad happened in that house.



Director Eduardo Sanchez attends the 20th anniversary screening of the "The Blair Witch Project" during the Sundance Film Festival at the Egyptian Theatre on Feb. 1, 2019, in Park City, Utah.

I remember one night after we were shooting I looked up and realized everyone else had left and I just freaked out, ran out of there like a fool. It was a genuinely scary place."

Along with revitalizing found-footage, "Blair Witch" is often credited with revolutionizing the digital ad campaign, of not just building a fan base but activating the kind of passionate online engagement every film and series now courts.

More than 20 years later, that fan base is still endlessly searching for signs of life in the "Blair Witch" universe, which now includes

"Yellowjackets." "There are a couple of 'Blair Witch' sites I look at and after the 'Yellowjackets' finale ran, they were all looking for stick men," Sánchez says.

"Especially in the scene where Jackie is building the fire. But there aren't any."

"Sometimes," he adds, "I think I need to move away from people being stuck in the woods. But I'm really hoping they ask me back to 'Yellowjackets.' I'll definitely try to get a stick man in if they do."



Gretchen McKay / Pittsburgh Post-Gazette / TNS

Rotisserie chicken is paired with butter beans, dried dates and arugula in this simple salad dressed in a smoky vinaigrette.

Winter chicken salad packed with good-for-you greens

By Gretchen McKay
Pittsburgh Post-Gazette

A diet rich in leafy greens is always a good idea, and a great way to get those beloved veggies onto the dinner table in measurable amounts in winter is with salad.

This simple entree salad goes to bat with arugula, a cruciferous leafy green with a peppery taste that's super-rich in antioxidants. Shredded rotisserie chicken and canned beans add protein, and a tangy vinaigrette crafted with warm winter spices, honey and lemon juice adds to its bright flavor. Toasted almonds provide a bit of crunch.

It might seem weird to microwave the dressing spices, but it helps bloom their flavor and aroma in a fraction of the time it would take on the

stovetop. The original recipe calls for chickpeas, but I prefer the mild flavor and buttery consistency of butter beans. I couldn't find fresh figs, so I substituted dried fruit, which is a little sweeter and chewier.

Served with crusty Italian bread and a glass of pale ale, it makes a quick and easy supper.

WINTER CHICKEN SALAD

- PG tested
- 6 tablespoons extra-virgin olive oil, divided
 - 1 teaspoon ground coriander
 - 1/2 teaspoon hot smoked paprika
 - Dash of cinnamon
 - Juice 1 lemon
 - 1 teaspoon honey
 - Kosher salt and freshly ground black pepper
 - 5 ounces arugula or spinach, or combination
 - 4 cups shredded rotisserie chicken

- 15-ounce can white butter beans, drained and rinsed
- Handful fresh cilantro leaves
- 1 shallot, thinly sliced
- 8 dried figs, quartered
- 1/3 cup honey roasted, slivered almonds
- Microwave 1 tablespoon oil, coriander, paprika and a pinch or two of cinnamon in a medium bowl until fragrant, about 30 seconds. Whisk in lemon juice and honey, and season generously with salt and pepper. Whisking constantly, slowly drizzle in remaining 5 tablespoons olive oil until emulsified.

Place salad greens, chicken, butter beans, cilantro, shallot and figs in a large salad bowl and toss to combine. Add about half of the dressing and toss; add more dressing to taste — you want your salad to have a light coating rather than being drenched.

Sprinkle almonds on top and serve. Serves 4 as an entree.

— Adapted from "The Complete Salad Cookbook" by America's Test Kitchen

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Portuguese pasta with chorizo and shrimp

Linda Gassenheimer / TNS

Chorizo, shrimp add Portuguese flavors to dish

By Linda Gassenheimer
Tribune News Service

Explore the flavors of Portugal in this quick pasta dinner. It's made with chorizo sausage and orange juice. It's sure to please the whole family.

Chorizo is a cured smoked pork sausage. I like to keep frozen shrimp on hand for quick dinners. They defrost in a bowl of cold water in about 5 to 10 minutes.

Helpful hints:

- Use any type of smoked pork sausage.
- Buy peeled deveined shrimp to save time.

Countdown:

- Place water for angel hair on to boil.
- Prepare ingredients.
- Make dish.

Shopping list:

To buy: 1 small package smoked

chorizo sausage (3 ounces needed), 1 package peeled and deveined shrimp, 1 package broccoli florets, 1 small container orange juice, 1 container fat-free, unsalted chicken broth and 1 package fresh or dried angel hair pasta

PORTUGUESE PASTA WITH CHORIZO AND SHRIMP

- Recipe by Linda Gassenheimer
- 2 teaspoons olive oil, divided use
 - 4 large cloves garlic, crushed
 - 1/2 cup sliced onion
 - 3/2 ounces chorizo sausage, sliced (3/4 cup)
 - 3/4 cup orange juice
 - 1/2 cup fat-free, unsalted chicken broth
 - 1/2 pound broccoli florets, cut into 1-inch pieces (about 4 cups)
 - 1/2 pound raw shrimp, peeled and deveined
 - 1/4 pound fresh or dried angel hair pasta
 - Salt and freshly ground black pepper

Bring 3 to 4 quarts water to a boil in a large saucepan. Meanwhile, heat 1 teaspoon olive oil in a nonstick skillet over medium-high heat and add garlic, onion and chorizo. Sauté 5 minutes. Add orange juice, broth and broccoli, cover with a lid and simmer, about 4 minutes. Add shrimp and saute 1 to 2 minutes until shrimp turn pink.

When water comes to a boil, add pasta and cook 4 minutes or until al dente. Drain and toss with remaining teaspoon olive oil and salt and pepper to taste. Add the pasta to skillet and toss to coat pasta with sauce.

Yield 2 servings.

Per serving: 637 calories (32% from fat), 22.8 g fat (7.2 g saturated), 10.2 g monounsaturated), 222 mg cholesterol, 46.3 g protein, 63.6 g carbohydrates, 2.7 g fiber, 715 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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Crisp, flavorful pork fried rice

Make this delicious dish with only 1 pot

By Linda Gassenheimer
Tribune News Service

Fried rice needs to be crisp and flavorful. To capture the crisp, smoky wok flavor, make sure your pan is very hot. When you add the ingredients, let them sit for one or two minutes before tossing. This allows the wok to return to a high heat after the cold food has been added.

Helpful hints:

► For easy stir-frying, place all the prepared ingredients on a cutting board or plate in order of use. You won't have to look at the recipe once you start to cook.

► Leftover rice can be used instead of microwaved rice in the recipe. Measure 1 1/2 cups cooked rice for 2 people.

Countdown:

- Make rice.
- Make stir-fry.

Shopping list:

To buy: 1 package microwave brown rice, 3/4 pound pork tenderloin, 1 bottle sesame oil, 1 can sliced water chestnuts, 1 bottle low-sodium soy sauce*, 1 bottle dry sherry, 1 green bell pepper, 1 package fresh snow peas and 1 package fresh bean sprouts.

Staples: onion, egg, salt and black peppercorns.

PORK FRIED RICE

- Recipe by Linda Gassenheimer
- 1 package microwave brown rice (to make 1 1/2 cups cooked rice)
 - 1 1/2 tablespoons low-sodium soy sauce*
 - 1/4 cup dry sherry
 - 3/4 pound pork tenderloin
 - 1 tablespoon sesame oil
 - 1 cup sliced onion
 - 1 cup sliced green bell pepper
 - 1 cup fresh snow peas, trimmed
 - 1 cup fresh bean sprouts
 - 1/4 cup sliced water chestnuts

1 large egg
Salt and freshly ground black pepper

Microwave rice according to package instructions. Measure 1 1/2 cups cooked rice and save remaining rice for another time.

Mix the soy sauce and sherry together and set aside. Remove visible fat from pork and cut into 1/2-inch pieces. Heat oil in a large wok or skillet over high heat. Add the pork and brown on all sides about 3 to 4 minutes. Remove to a plate. Add the rice and stir-fry 2 minutes. Push rice to the sides of the pan and add the onion, green bell pepper and snow peas. Stir-fry 5 minutes. Add the bean sprouts and water chestnuts and toss all ingredients for 1 minute. Push the ingredients to the sides of the pan and break the egg into the center. Stir-fry 2 minutes. Return the pork to the wok and stir-fry 2 minutes. Add salt and pepper to taste. Serve on two dinner plates.

Yield 2 servings.

Per serving: 580 calories, 140 calories from fat, 15 g fat, 3.3 g saturated fat, 5 g monounsaturated fat, 200 mg cholesterol, 48 g protein, 55 g carbohydrates, 7 g dietary fiber, 9 g sugars, 530 mg sodium, 1,180 mg potassium, 685 mg phosphorus.

Exchanges: 2 1/2 starch, 4 vegetable, 5 lean protein, 1 fat.

Shop Smart:

* low-sodium soy sauce, containing per tablespoon: 8 calories, 511 mg sodium (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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Golden can contest Budweiser giving away \$1M to lucky winners

By Monroe Trombly
The Columbus Dispatch

Who knew that drinking beer could be so lucrative?

In what's clearly an ode to the 1964 children's novel, "Charlie and the Chocolate Factory," Budweiser is offering \$1 million as part of a contest in which a lucky beer drinker may find one of the gold cans that have been slipped inside specially-marked packs.

It's unclear just how many gold cans of the American-style pale lager are out there, but the "Live Like a King" sweepstakes lasts until Feb. 20.

Budweiser is giving its fans the chance to win \$1 million in its "Live Like a King" contest.

And who knows? Maybe some of that million-dollar beer is being made and shipped from the Anheuser-Busch brewery on Columbus, Ohio's North Side, which opened in 1968 and was the company's sixth brewery at the time.

Budweiser, in addition to Bud Light, Busch, Natural Light, Michelob and other beers. Located at 700 Schrock Road, the facility has 168 acres and brews 10 million barrels of beer annually.

For those who prefer to imbibe something other than Budweiser or are watching their expenses, people can participate in the contest simply by going to Budweiser's website and printing a gold can wrap, which must then be placed around a nonalcoholic drink.

To officially enter the contest, share a photo of yourself with the gold Budweiser can or something that's wrapped with the gold can wrap on Facebook, Instagram or Twitter. Tag @budweiserusa and include the hashtags #LiveLikeAKing and #Sweepstakes.

The winner of the prize money will be selected in a random drawing on or around Feb. 21. For more information on the contest, visit Budweiser.com/livelikeaking.

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The facility makes



Evgenia Novozhenina / Reuters File Photo

Canada coach Claude Julien reacts during a December 2021 game against Finland at the Chanel One Cup in Moscow.

HOCKEY 'THE CANADIAN WAY'

Fans can still expect size, speed and aggression from Canada at Olympics

By Steve Keating
Reuters

Canada coach Claude Julien said fans can still expect to see ice hockey "the Canadian way" at next month's Beijing Olympics as 2010 gold medal winner Eric Staal was on Tuesday named in a team assembled from outside the NHL.

Staal, who scored 441 goals and 1,031 points in his 17-year National Hockey League career, will be the leader on a squad cobbled together from European, minor and junior leagues after the NHL decided in December to end its Olympic

participation after a surge in COVID-19 cases forced the postponement of more than 100 games.

Canada was among the nations hardest hit by the NHL's decision.

Instead of stocking its roster with NHL All-Stars and future Hall of Famers, Canada was left scrambling to find coaching staff and players.

"If we have a challenge, that means every other team at the Olympics is having the same challenge," head coach Julien said after the 25-player roster was announced.

"So we just have to handle

it the right way, the proper way, be as prepared as we can and be willing to adjust."

Julien, who was an assistant coach for Canada during their gold medal-winning bid at the 2014 Olympics, said roughly 20 players had arrived for training in Switzerland, with more expected to arrive soon.

"We always talk about playing the Canadian way... we're an aggressive team," Julien told reporters.

"We want to move the puck quick, we like to play fast. We like to be in your face kind of thing. So that

doesn't change."

Joining Staal are some young players that boast future all-star pedigrees, including Owen Power, the 19-year-old university defenceman taken with the first overall pick by the Buffalo Sabres in the 2021 NHL draft.

Forward Mason McTavish, 18, the number three overall selection by the Anaheim Ducks will be the youngest player.

"Love the look of our line up and the balance we have," said Staal, the marquee name on the Canadian roster after he helped the Montreal Canadiens run to the Stanley

Cup final last season but was unsigned this year and available to the national team.

The 37-year-old joined the American Hockey League's Iowa Wild earlier this month with the goal of getting fit to be considered for a spot on the Canadian Olympic roster.

"It's just sometimes funny how things work and how things work out," he told reporters.

"I kept skating, staying in shape and then sometimes an opportunity like this just kind of comes and falls in your lap and you need to cherish and relish that moment."

USMNT taking it one game at a time in World Cup qualifiers

By Rory Carroll
Reuters

The U.S. men's national team will be taking it one game at a time as they prepare for a trio of World Cup qualifying matches and will not let a tantalizing encounter with Canada distract them from their next outing against El Salvador.

The USMNT, who are second in the CONCACAF standings behind Canada, host El Salvador on Thursday in Columbus. They then travel north to face Canada three days later before returning home to meet Honduras in St. Paul on Feb. 2.

El Salvador and Honduras are seventh and eighth in the eight-nation group.

The USMNT were forced to settle for a 1-1 draw with Canada in Nashville in September despite dominating possession.

"As always, the mentality coming into camp is the game-by-game mentality. You can't look too far forward because that can ultimately become a distraction," midfielder and team captain Tyler Adams told reporters on a call.

"But we know that Canada is a super important game. We would have liked to get three points when we played them at home, but now we look to improve on that performance."

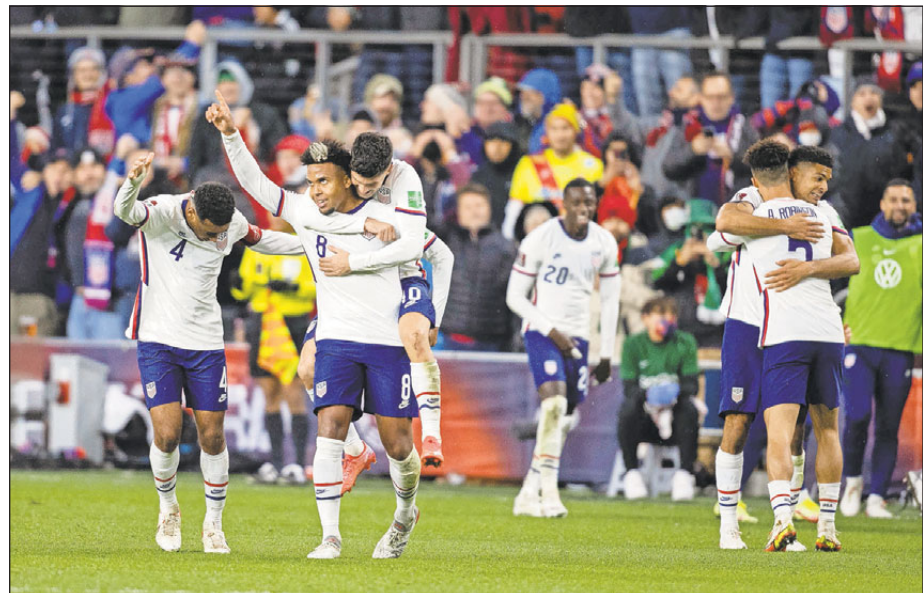
"We're going to watch and cut a lot of video from

our games but we know that they have a strong team."

Forward Gyasi Zardes echoed Adams, saying the team is fully focused on El Salvador, with whom they drew 0-0 in San Salvador in September.

"We're not thinking about any other opponent. Our main opponent is El Salvador. We're only thinking about this next game," he said.

With six matches remaining, the USMNT are in second place with 15 points after four wins, three draws and one loss. The top three teams in the group will earn automatic qualification for the World Cup in Qatar in November and December.



Trevor Ruszkowski / USA Today Sports

United States midfielder Weston McKennie (8) celebrates his goal with teammates during a FIFA World Cup Qualifier soccer match against the Mexico on Nov. 12, 2021, at TQL Stadium in Cincinnati.

Rahm eager for return to stomping ground at Torrey Pines

By Frank Pingue
Reuters

World No. 1 Jon Rahm said on Tuesday he is eager to return to one of his most successful venues for this week's Farmers Insurance Open at Torrey Pines where at last year's U.S. Open the Spaniard secured his first career major triumph.

The picturesque venue in San Diego is Rahm's favorite

hunting ground and where he used a red-hot finish last June to secure a one-shot victory and become the first U.S. Open champion from Spain.

"Obviously have great memories all throughout my career here, my latest win being here as well," Rahm told reporters at Torrey Pines. "Just very excited to be here. It's one of those weeks that I look forward to every year."

Rahm has played Torrey Pines so well that in five career starts in the Farmers Insurance Open, he owns four top-seven results, and has never finished outside the top 30.

The Spaniard, who secured his first PGA Tour win at the 2017 Farmers Insurance Open, returned to the top of the rankings with his victory at last year's U.S. Open at Torrey Pines and expects a

much different course set-up this week.

"Because of the time of year, we rarely see the greens as firm as we did at the Open and we rarely see the rough as high as we saw it at the Open, right?" said Rahm. "Plus there's a little bit of set-up changes. Fairways were also not running as much as they were at the Open."

Rahm, who lives in Arizona, has often said the weather

and coastline at Torrey Pines remind him of Spain and so it should be no surprise that he makes a point of returning to the course on a regular basis.

Rahm will play the first two rounds with fellow major champions Justin Thomas and Dustin Johnson.

The Farmers Insurance Open is being held Wednesday through Saturday to avoid a conflict with the penultimate round of the NFL playoffs.

PODCASTS:

Former Olympian Gigi Marvin talks about Hockey Day Minnesota and being an NHL analyst.

THERINKLIVE.COM

THE RINK LIVE QUESTION OF THE WEEK

With teams losing members to the Olympics, which team will win the conference?

Mick Hatten (Huskies): In the NCHC, I think it will come down to Denver or Western Michigan, neither of whom have players going to the Olympics. I'd give a slight edge to the Broncos because they are hot (10-1 last 11 games) and have been the better road team (9-2; Denver is 5-5 on the road). The Pioneers have 7 of their last 12 games on the road; the Broncos play 8 of their last 12 on the road.

Christian Babcock (Beavers): I don't think it'll affect the CCHA too much, as Minnesota State was the odds-on favorite before and will continue to be. The Mavericks are simply a cut (or two, or three) above the rest of the league.

Matt Wellens (Bulldogs): I like the position Denver is in right now in the NCHC, leading the field by three points with a favorable schedule. The Pioneers play three of their final six series against the bottom three teams in the league (Omaha, Colorado College, Miami), who they are 6-0 against. DU also gets St. Cloud State and Minnesota Duluth at home while both are missing key players to the Olympics. The biggest challenge will be at Western Michigan, though Denver swept the Broncos in Denver already this year.

Jess Myers (Gophers): The Big Ten has become a three-team race with Michigan, Minnesota and surprising Ohio State all in contention. Since the Buckeyes get to play both the Gophers and Wolverines while players are at the Olympics, I'll give the nod to Steve Rohlik and company to win their second conference title in the past four years.

Brad Schlossman (Fighting Hawks): Denver was my preseason pick to win the league and I'm sticking with it. The Pioneers are in first place and rolling right now. Their biggest question mark, goalie Magnus Chrona, has three-straight shutouts and has stopped 68 shots in a row.

Shane Frederick (Mavericks): No Mike Hastings ... no Nathan Smith ... no problem. It's still Minnesota State in the CCHA.

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

A PERFECT STATE OF HOCKEY

Snow globe setting makes Hockey Day Minnesota one for the ages

The Rink Live Mankato, Minn.
David Silye is a Canadian who grew up playing some pond hockey, so he was right at home on the outdoor rink built on Blakeslee Stadium for Hockey Day Minnesota.

"You go back to your childhood," the Minnesota State sophomore center said. Playing in what he called a "picture-perfect" setting, Silye scored his first collegiate hat trick and led the Mavericks to a 7-1 CCHA victory Saturday over St. Thomas. The flakes swirled around the Minnesota State University campus throughout the evening, creating a snow-globe scene for the 2022 edition of what's almost become a state holiday in the State of Hockey.

Although attendance wasn't announced on Saturday, it's estimated that more than 10,000 people were present throughout the event, filling the stands for the first Hockey Day Minnesota played on a college campus and in a football stadium. The Mavericks-Tommies game was also the first Division I men's game played outdoors and televised on Hockey Day.

"To be part of this was pretty special for so many people,"



Photos by Jason Wachter / The Rink Live
East Grand Forks forward Brock Schultz (22) take the puck from Prior Lake forward Sam Rice (9) during the first period Saturday, Jan. 22, 2022, at Blakeslee Stadium in Mankato.

Mavericks coach Mike Hastings said. "It was a good night on the rink and an incredible event."

"It was awesome being part of it," St. Thomas coach Rico Blasi said. "The snow, the cold — it's the way it's supposed

to be."

In other games at Blakeslee Stadium, senior forward Will Schumacher finished off a hat trick with a goal at the final buzzer to lead the Prior Lake Lakers to a 7-1 win over the East Grand Forks Green Wave

on Saturday afternoon.

Kelsey King had a goal and an assist and Brittyn Fleming had the game-winning goal for the Minnesota State University-Mankato women's hockey team in a 3-1 WCHA win over St. Thomas on Sunday.



1: East Grand Forks goalie Chase Mero (1) waits for a shot against Prior Lake during the first period Saturday, Jan. 22, 2022, at Blakeslee Stadium in Mankato. 2: East Grand Forks fans cheer for their team during the second period Saturday, Jan. 22, 2022, at Blakeslee Stadium in Mankato. 3: Fans enjoy the fires during Hockey Day Minnesota Saturday, Jan. 22, 2022, at Blakeslee Stadium in Mankato. 4: Fans enjoy the game during Hockey Day Minnesota Saturday, Jan. 22, 2022, at Blakeslee Stadium in Mankato. 5: St. Thomas University goalie Peter Thome (1) waits for a shot as snow is cleared during the first period against Minnesota State Saturday, Jan. 22, 2022, at Blakeslee Stadium in Mankato. 6: Minnesota State forward David Silye (10) celebrates his goal with teammates against St. Thomas University during the first period Saturday, Jan. 22, 2022, at Blakeslee Stadium in Mankato. 7: Snow covered fans watch Minnesota State play St. Thomas University during Hockey Day Minnesota Saturday, Jan. 22, 2022, at Blakeslee Stadium in Mankato. 8: Snow fell as St. Thomas University played Minnesota State during Hockey Day Minnesota Saturday, Jan. 22, 2022, at Blakeslee Stadium in Mankato.