



WINTER FAN GUIDE

2022-2023

GARRISON
SOUTH PRAIRIE - MAX
CENTRAL MCLEAN
WILTON - WING
WASHBURN
WHITE SHIELD
WRESTLING:
VELVA-GARRISON-MAX
WHITE SHIELD

Supplement to the McLean County Independent,
The Leader-News, Central McLean News-Journal



TROOPERS



Garrison



Back row: Candela Garcia Pedrejon, Cara Schlehr, Karli Klein, Camrynn Knorr (JV), Emily Schlehr and Abba Heinzen; front row: Alexis Kastner, Morgan Torr, Mia Gehring, Kaitlyn Zook, Isabelle Rime and Sadie Majeres.

Lady Troopers set sights high

BY ETHYN WILLIAMS-CALVERT
ethyn@nordaknorth.com

Garrison's girls' basketball Head Coach Matt Chase will enter the 2022-23 season with solid talent on his roster and high hopes.

"Our goal is to get to a state tournament," Chase said. "I have really, really good basketball players...and if these younger

girls step up, I think we have the potential to make a deep run."

Chase's squad is dealing with the losses of Madelin Hurt and Sweet Cedar Perkins, prominent members of last year's squad, who've left large holes to fill.

Garrison is not without veteran leadership on the squad however: Karli Klein, Kaitlyn Zook and Mia Gehring are all seniors and all former All-Region selections.

The girls will be relied on as sources of leadership on the squad, according to Chase.

"Our older girls are (going to) have to play extremely smart and be extremely conditioned for us to have success," he said.

However, Chase seemed to have little doubt about the three player's ability to do so, calling them good

leaders, good teammates and great kids.

While a state championship is one of the team's primary goals it is not the only aspect Chase focuses on.

"In this program, you're going to learn so much more about basketball," he said. "You're going to be a good teammate and a good student and a great member of this community. That's way more important to me than anything basketball-related."

Chase and Garrison's Lady Troopers got their first taste of regular season action Nov. 29 when the group beat Surrey 44-32.

Following this game, the team traveled to Washburn for the McLean County Shootout Dec. 2-3.



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SCHEDULE:

Dec. 16	at Flasher	6 p.m.
Dec. 20	at Glenburn	6 p.m.
Dec. 30	Tioga	2:30 p.m.
Jan. 3	Hazen	7 p.m.
Jan. 5	at Wilton-Wing (at Wilton)	7:15 p.m.
Jan. 10	Central McLean	7:30 p.m.
Jan. 12	at Kenmare/Bowbells	6:30 p.m.
Jan. 14	St. John (at Devils Lake)	3:30 p.m.
Jan. 24	at Washburn	6:30 p.m.
Jan. 28	at Center-Stanton	2:30 p.m.
Jan. 30	at South Prairie-Max	7:15 p.m.
Jan. 31	White Shield	7 p.m.
Feb. 2	Lewis and Clark-Berthold	7:30 p.m.
Feb. 7	at New Salem-Almont	7 p.m.
Feb. 9	Shiloh Christian	7 p.m.
Feb. 17	Regional Play-in game	TBD
Feb. 20, 21, 23	Regionals Tournament (at Mandan)	TBD
March 2-4	Class B Girls State Tournament	TBD

ROSTER:

#	NAME	GR	POS	HT
3	Cara Schlehr	9	Guard	5'9"
5	Karli Klein	12	Center	5'11"
10	Sadie Majeres	9	Guard	5'1"
12	Mia Gehring	12	Guard	5'6"
13	Emily Schlehr	11	Forward/Guard	5'10"
14	Candela Garcia Pedrejon	11	Forward	5'8"
21	Kaitlyn Zook	12	Guard	5'6"
22	Morgan Torr	9	Guard	5'6"
23	Isabelle Rime	9	Forward/Guard	5'6"
24	Alexis Kastner	8	Guard	5'5"
25	Abba Heinzen	9	Forward	5'8"

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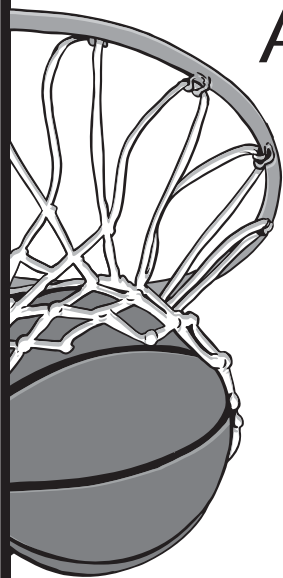


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Royals

South Prairie - Max



Back row: Azjiah Trader, Skotti Beck, Makya Gerding, Abby Mikkelson and Jayla Kannianen. Middle row: Kaimbree Gerding, Hattie Heer, Mya Gunville and Delaney Hankel. Front row: Maycie Talbott, Rylee Routledge, Amy Mikkelson and Brooklyn Mosser.

Royals girls under new management

BY: ETHYN WILLIAMS-CALVERT
ethyn@nordaknorth.com

With the 2022-23 girls' basketball season getting underway, the South Prairie-Max Royals squad welcomes a new, yet familiar, face to the head coach position.

After two years as the assistant coach on the boys team, and two more as assistant coach for the girls, Sheila Gerding has stepped into the role of girls' head coach for the Royals.

With the losses of Summer Krebsbach, Rielee Williamson, Mckynna Senberg and Charlize O'Connor to graduation, the

Royals will be looking for veteran leadership from new sources.

Coach Gerding believes the team will have little trouble adjusting to the veteran losses.

"By the end of the season last year we relied largely on this group of young kids," Gerding said. "So although we lost a couple seniors that played solid roles for us last year, our young kids seem to be able to step in and fill the void."

A young group with prior experience at the varsity level is more often than not a recipe for success in high school sports, but despite this promising outlook Gerding keeps very realistic

expectations for her group.

She expects nothing more than full effort and hard work from her team.

"Our goals are to put ourselves in a position to win every time out. Then do our best to get it done," Gerding said. "We have kids that are capable, we just have to play with confidence and play together."

Royals players opened their season with matches against Westhope/Newburg and Stanley, at the Shootout on the Prairie Tournament in Minot Dec. 2-3.

SCHEDULE:

Dec. 15	at Lewis & Clark North Shore-Plaza.....	7:15 p.m.
Dec. 19	Tioga	7:00 p.m.
Dec. 20	at Ray	6:00 p.m.
Jan. 6	Glenburn	7:15 p.m.
Jan. 9	at Bishop Ryan.....	7:00 p.m.
Jan. 12	at Des Lacs-Burlington	7:15 p.m.
Jan. 16	Nedrose	7:15 p.m.
Jan. 17	at Lewis & Clark - Berthold	7:15 p.m.
Jan. 20	Surrey	7:15 p.m.
Jan. 23	at Our Redeemer's	7:15 p.m.
Jan. 26	at Mohall-Lansford-Sherwood	7:15 p.m.
Jan. 30	Garrison	7:15 p.m.
Feb. 2	TGU.....	7:15 p.m.
Feb. 3	Central McLean	7:30 p.m.
Feb. 4	at Washburn	2:30 p.m.
Feb. 9-11	District 12 Tournament (Minot).....	TBD
Feb. 20, 21, 23	Region 6 Tournament (Minot)	TBD
Mar. 2-4	Class B State Tournament.....	TBD

ROSTER:

#	NAME	HT	GR	POS
1	Rylee Routledge	5'5"	8	Guard
2	Brooklyn Mosser	5'0"	10	Guard
3	Azjiah Trader	5'9"	10	Guard
12	Maycie Talbott*	5'6"	9	Point/Guard
13	Delaney Hankel	5'5"	10	Guard
20	Mya Gunville	5'6"	8	Guard
21	Skotti Beck	5'11"	9	Guard
22	Kaimbree Gerding	5'6"	8	Point Guard
23	MaKya Gerding	5'10"	10	Forward
31	Amy Mikkelson	5'5"	10	Guard
32	Hattie Heer	5'9"	9	Forward
33	Abby Mikkelson	5'10"	9	Forward
40	Jayla Kannianen*	5'9"	11	Forward

*= injured

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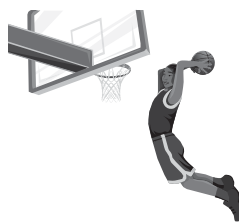


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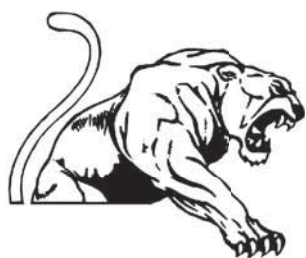
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Cougars

Central McLean



(Top row, Left to Right): Ashtyn Smith, Sally Heger, Daisy Sparrow, Taya Hornberger, Adlyn Eng, Reagan Kjelstrup, Emry Hunt (Bottom row, Left-Right): Morgan Snyder, Anna Skachenko, Leah Jacobson, Gracelyn Vaagene

Keeping up with the Cougars

CMC girls basketball team sweeps shootout

BY: CAMMIE WRIGHT
cammie@nordaknorth.com

The Central McLean Cougars girls basketball team started the season with back-to-back wins at the McLean County Shootout in Washburn and a win at Velva.

They swept the shootout, with a 63-48 win against Bowman County and a 72-40 win against Beulah. The Cougars defeated Dickinson Trinity 65-34 Tuesday, a strong start for the Cougars which ended their season last year 20-4.

Coach Ethan Vaagene says the team is poised to have a successful season.

"We have a lot of returning

players," Vaagene said. "We only had one senior from last year, so we returned a lot of experience for the group."

The Cougars' will face new teams this year, including Kenmare, Des Lacs-Burlington, Harvey-Wells County and Grant County-Mott-Regent. Grant County joined a co-op with Mott and Regent last year.

"We have a challenging schedule, and we did that on purpose,"

Vaagene said. "We wanted the best competition. We believe that good competition makes you better. Wins and losses aren't the most important thing, it's about having the best team that is ready for the court when it comes time for the tournament in February. Our goal is to make it to state."

The CMC Cougars first home game is against Shiloh Christian December 15 at 7:30 p.m. in Turtle Lake.

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SCHEDULE:

Dec. 9	at Velva.....	7:30 p.m.
Dec. 15	at Turtle Lake-Mercer vs. Shiloh	7:30 p.m.
Dec. 19	at Grant County/Mott-Regent, Elgin ND	
Jan 2	at Underwood vs. Our Redeemer's	7:30 p.m.
Jan. 5	at Turtle Lake-Mercer vs. Linton/HMB	7:30 p.m.
Jan. 7	at Harvey	5:00 p.m.
Jan. 10	at Garrison	7:30 p.m.
Jan. 12	at Underwood vs. New Salem-Altont... ..	7:30 p.m.
Jan. 14	at Heart River, Dickinson Trinity	2:00 p.m.
Jan. 17	at Turtle Lake-Mercer vs. Washburn	7:30 p.m.
Jan. 21	at Surrey Mustangs, Minot State.....	3:00 p.m.
Jan. 23	at Flasher High School.....	7:30 p.m.
Jan. 26	at Wilton-Wing	7:30 p.m.
Jan. 28	at Underwood vs. Des Lacs-Burlington..	3:00 p.m.
Jan. 3	at Underwood vs. Kenmare/Bowbells	7:00 p.m.
Feb. 3	at South Prairie.....	7:30 p.m.
Feb. 7	at Turtle Lake-Mercer vs. Center-Stanton ...	7:30 p.m.
Feb. 10	at Underwood vs. Standing Rock	7:30 p.m.
Feb. 11	at Solen High School.....	2:30 p.m.
Feb. 17	Class B Regionals, Mandan	7:00 p.m.

ROSTER:

#	NAME	GR	POS	HT
1	Ashtyn Smith	12	Guard	5'6"
3	Leah Jacobson	11	Forward	5'8"
5	Taya Hornberger	12	Forward	5'10"
11	Gracelyn Vaagene	10	Guard	5'6"
12	Morgan Snyder	8	Guard	5'7"
15	Emry Hunt	10	Center	5'11"
20	Reagan Kjelstrup	10	Forward	5'10"
21	Sally Heger	9	Forward	5'8"
23	Adlyn Eng	10	Forward	5'9"
30	Anna Skachenko	11	Guard	5'6"
34	Daisy Sparrow	12	Center	5'10"

Coach: Ethan Vaagene
Assistant Coach: Kip Sparrow

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Miners

Wilton - Wing



Back row left to right: Mo Tooke, Skylar Podoll, Jordyn Thorson, Harper Willett, Claire Leidy, Audrey Oswald, Justus Boos, Sophia Krush, MaKennah Fischer, Joanie McCormack, Malia Tooke. Front row left to right: Tessa Miller, Raina Backman, Ava Kirchmeier, Lydia Hutzenbieler, Aubrey Steinert, Savannah Fischer, Macey Filipek, Stella Rust, Nora Saeman.

Small Miner squad aims for growth

BY ALYSSA MEIER
alyssa@nordaknorth.com

Wilton-Wing girls are looking to find some victory on the court this season, regardless of a lack of numbers.

Miner girls bring a total of 20 athletes to the court this year, with 14 of those slated for varsity action this season. Half of those athletes are seventh or eighth graders who are being brought up to help fill in the varsity roster.

It's a smaller-than and younger-than-average team for Wilton-Wing, who head coach Lisa Jenkins said will work to become more competitive as the season progresses.

"Our weakness is just experience, time on the floor, but they do understand (it's) not where you begin the season but how it ends, and that we need to get better every week," Jenkins said.

Helping lead the Miners will be seniors Justus Boos and Jordyn Thorson, who Jenkins said are

setting an example for the younger players.

"That is so important when you have a young team, that you have that senior leadership," Jenkins said. "They both bring experience and they understand how hard we work everyday in practice."

Rounding out the Miner upperclassmen are juniors Macie Filipek and Makennah Fisher, who move up to varsity from JV last year.

"Macie has had a really good first week of practice, she works extremely hard, and gives us more quickness defensively," Jenkins said.

Sophomore Moana Tooke is out with a torn ACL, leaving room for a new Miner point guard.

A surprise addition to the team is sophomore Audrey Oswald, a first-year student at Wing High School, who will join the varsity squad.

The Miners are rounded out by freshman Aubrey Steinert, five eighth graders and two seventh graders.

"We have a very talented 8th

grade and 7th grade group, I fully expect that quite a few of them will be getting varsity time this season," Jenkins said.

With competition starting for the Miners, Jenkins said the team is focused on laying a solid foundation and growing from there.

"We are keeping practice very basic, working on all the little things, starting over," Jenkins said. "Basic, Basic Fundamentals every day, work on knowledge, understanding, and building on what we do not know."

Jenkins said the girls will be taking each game one at a time, while keeping an eye on strong regional competition out of Shiloh-Christian, Central McLean and Garrison. For now, she said, the team is simply going to leave it all on the court.

"Our goals are to get better every week, practice hard every day, stay positive, play as a team, and be our best by season end," Jenkins said.

SCHEDULE:

Dec. 8	at Solen	5:30 p.m.
Dec. 13	Glenburn	7:15 p.m.
Dec. 16	Hettinger-Scranton.....	7:15 p.m.
Dec. 19	at Standing Rock	7 p.m.
Dec. 20	Kidder County	7:15 p.m.
Jan. 2	Beulah	7:15 p.m.
Jan. 5	Garrison	7:15 p.m.
Jan. 9	Grant County	7:30 p.m.
Jan. 14	Glen Ullin/Hebron.....	2:30 p.m.
Jan. 17	Center-Stanton	
Jan. 19	at Washburn.....	7:30 p.m.
Jan. 23	Drake-Anamoose	7:15 p.m.
Jan. 26	Central McLean	7:15 p.m.
Jan. 31	at Linton/HMB	7:30 p.m.
Feb. 2	Dickinson Trinity.....	6:30 p.m.
Feb. 7	Flasher.....	7:30 p.m.
Feb. 13	at New Salem-Almont	7:30 p.m.
Feb. 17	Regional Play-In Game	TBA
Feb. 20, 21, 23	Region 5 Tourney at Mandan High School	

ROSTER:

	NAME	GRADE	HT
1	Macey Filipek	11	5'5"
3	Jordyn Thorson	12	5'8"
10	Makennah Fischer	11	5'8"
12	Lydia Hutzenbiler	8	5'1"
15	Claire Leidy	8	5'10"
20	Savannah Fischer	8	5'5"
21	Malia Tooke	8	5'8"
22	Aubrey Steinert	9	5'3"
23	Skylar Podoll	10	5'8"
24	Tessa Miller	7	5'5"
32	Harper Willett	8	5'9"
33	Sophia Krush	7	5'9"
34	Audrey Oswald	10	5'10"
44	Justus Boos	12	5'10"

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Cardinals

Washburn



Back row from left: Coach Jarod Obering, Monica Goven, Ashlyn Schmitz. Middle row: Kari Patterson, Kya Kulzer. Front row: Sadie Goven, Alex Seidler, Chev Obering. Not pictured: Coach Amanda Obering, Dara Beck.

Cardinals aim for top four

BY ALYSSA MEIER
alyssa@nordaknorth.com

Washburn's girls varsity team is hoping for a strong enough regular season to send them straight into regional competition in February.

Head coach of the Cardinal girls Jarod Obering said this year's scrappy varsity team is hitting the 2022-23 season with sights set on playing in the Region 5 semifinals.

"The girls came up with a goal of not having a play-in game, having a spot before that point," Obering said. "For me, playing in the semifinals would be very realistic, I think we'd be one of the top four."

The team, comprised of a total of eight varsity athletes with seven junior varsity players on standby, will need to work with a squad

short in both numbers and in overall height.

"The biggest issue we're going to have to fight is our size," Obering said. "Monica (Goven) is 5'10" or 5'11" and after that, the next tallest position is 5'7".

Obering said the girls will work to overcome a lack of height with overall speed that will help fill in defensive gaps. The coach said the team will also need to be on the attack to get open shots whenever possible.

Without any seniors on the team, Obering said he will be looking at juniors Monica Goven and Dara Beck to help push the team forward. Also expected to play big roles will be Kari Patterson and Kya Kulzer, who Obering said have skill in shooting from the perimeter.

But there is strength across the board when it comes to this year's team, the coach said, noting that the girls have a bond that will help carry them.

"This group in particular has really good cohesiveness, genuinely cares about each other and are very selfless," Obering said. "That aspect allows teams to really succeed."

Obering said he was excited to see how the season played out and that he felt good about the team's chances at "making some noise" and fighting through the regional tournament.

"We are thrilled about the prospects of our year," Obering said. "Even though we're young, we're excited about the prospect of coming back."

SCHEDULE:

Dec. 15	Beulah	7:30 p.m.
Dec. 17	Heart River	4 p.m.
Dec. 20	Killdeer	7:30 p.m.
Dec. 29	Grant County	5 p.m.
Jan. 2	at Hazen	7:30 p.m.
Jan. 5	New Salem-Almont	7:30 p.m.
Jan. 9	at Center-Stanton	7:30 p.m.
Jan. 17	at Central McLean, Underwood	7:30 p.m.
Jan. 19	Wilton-Wgin	7:30 p.m.
Jan. 21	Solen	6 p.m.
Jan. 24	Garrison	6:30 p.m.
Jan. 28	Velva	2:30 p.m.
Feb. 3	at Powers Lake	7:15 p.m.
Feb. 4	South Prairie	3:30 p.m.
Feb. 7	at Shiloh	7:30 p.m.
Feb. 9	at Flasher	7:30 p.m.
Feb. 11	at Standing Rock	5 p.m.
Feb. 14	at Richardton-Taylor	7:30 p.m.
Feb. 20, 21, 23	Region 5 Tourney at Mandan	
March 2-4	State Class B	

Wishing area teams the best of luck this season!

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801 Main Ave. • Washburn • 462-3364



ROSTER:

#	NAME
Varsity	
3	Chevelle Obering
5	Kari Patterson
10	Kya Kulzer
11	Sadie Goven
12	Alex Seidler
22	Monica Goven
23	Dara Beck
24	Ashlyn Schmitz
JV	
3	Sadie Goven
10	Claire Fischer
11	Brooke Knutson
14	Amelia Swanson
20	Hannah Klabunde
33	Mya Nelson
42	Aryonna Bauer

Have a great season,



Cardinals!



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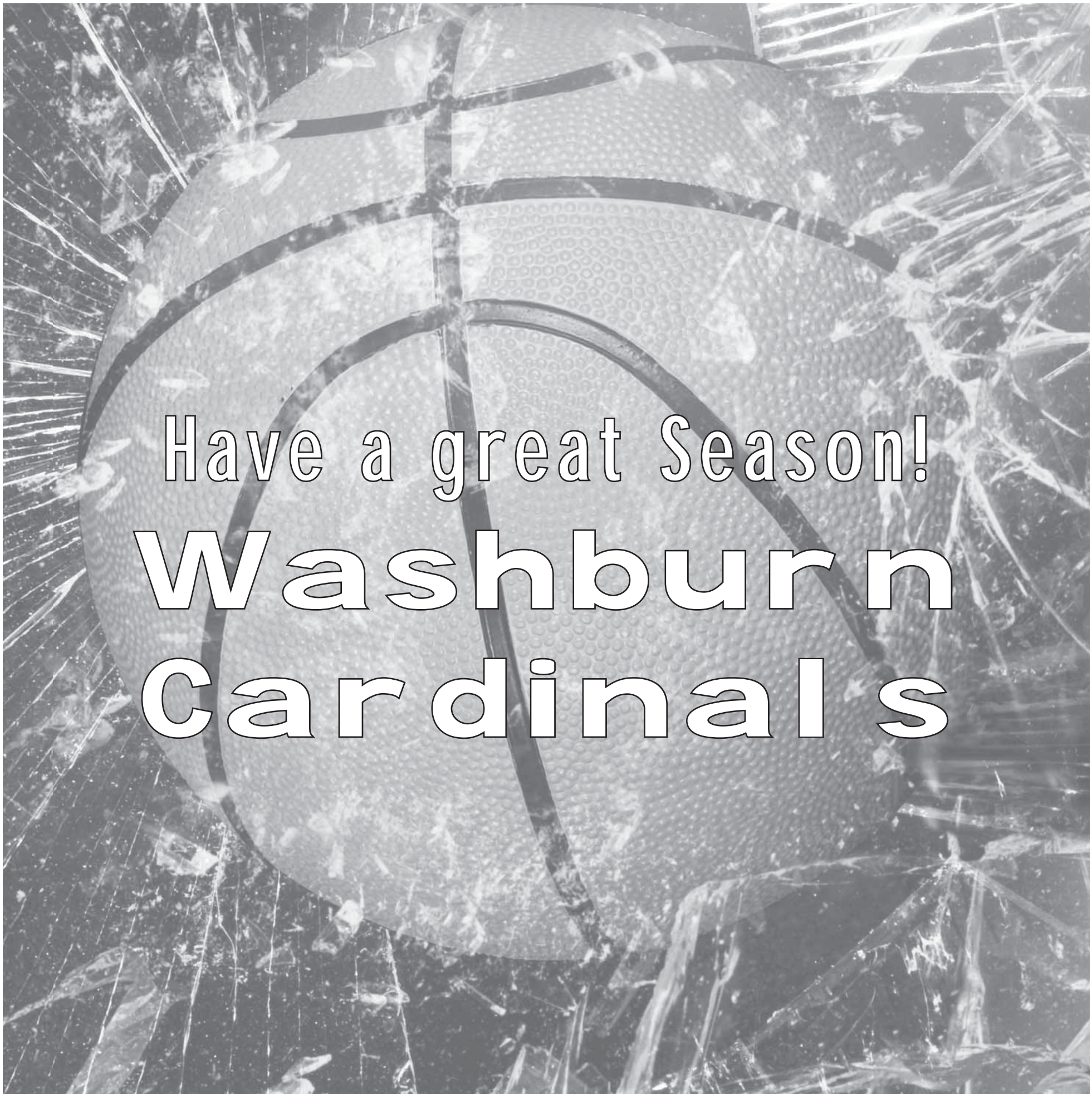
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Warriors

White Shield



Back row: Assistant Coach Shelly Keplin, Aniera Ten Bear, Chloe Bearstail-Fox, Sierra Wells, Love Hopkins, Savannah Stranger Horse, Promise Andrade and Head Coach Stacie Tsingine. Front row: Keira LaCroix, Latoya Clark, Koya Bearstail, Sunni Ortega and Jocelyn Ward.

Young Warriors ready for season

BY: ETHYN WILLIAMS-CALVERT
ethyn@nordaknorth.com

Head Coach Stacie Tsingine is back at the helm for her second year as the head coach of the White Shield Warriors girls' basketball.

Coach Tsingine has a group of 11 girls on her team with the squad being younger than the average varsity team.

"We're a very young team," She said, "We have seventh graders up to tenth graders, so our tenth

graders are the veterans of our team."

Tsingine described the team as having several new faces, and with such a high influx of new players she's kept her expectations clear and simple.

"Compete," Tsingine said when asked about her expectations for the season. She discussed wanting the team to simply play as hard as they can, win or lose.

Having such a small roster will also require the 11 girls on the

squad to shoulder a heavy load of minutes during the season, but that heavy workload should ultimately lead to major strides in the team's game as the year progresses.

White Shield's girls' squad will first take the court this season on Dec. 3-4 when they travel to Washburn for the McLean County Shootout.

SCHEDULES:

- Dec. 3-4 McLean County Shootout at Washburn
- Dec. 6 Ray 7 p.m.
- Dec. 9-11 All American Indian Shootout at Billings MT
- Dec. 12 at Trenton..... 7 p.m.
- Dec. 20 Mandaree..... 7 p.m.
- Jan. 2 Powers Lake..... 7 p.m.
- Jan. 3 Trenton 7 p.m.
- Jan. 5 at Parshall..... 7:30 p.m.
- Jan. 9 Alexander..... 7 p.m.
- Jan. 23 at Mandaree..... 7 p.m.
- Jan. 24 NS/Plaza..... 5:30 p.m.
- Jan. 28 New Town 2:30 p.m.
- Jan. 31 at Garrison 7:30 p.m.

ROSTER:

#	NAME	#	NAME
10	Promise Andrade	25	Koya Bearstail
11	Latoya Clark	30	Aniera Ten Bears
15	Keira LaCroix	32	Savannah Stranger Horse
21	Sunni Ortega	42	Sierra Wells
23	Chloe Bearstail-Fox	50	Love Hopkins
24	Jocelyn Ward		

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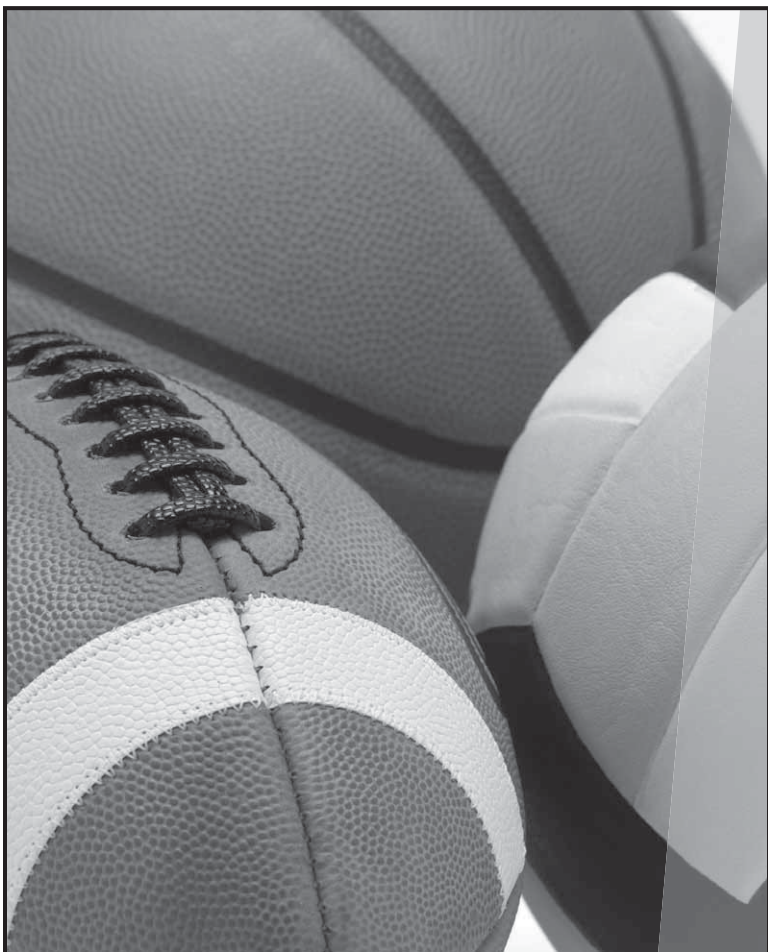
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Cougars

Central McLean



Top row, left to right, Assistant Coach Alex Quintane, Ethan Halstead, Kade Kjelstrup, Sam Heger, Andrew Eichhorst, Aiden Hanson, Tripp Olson, Cole Makeeff, Head Coach Joi Anderson
 Bottom row, left to right, Von Irwin, Ty Makeeff, Bridger Rittenbach, Braxxten Wanner, Jacob Wolf.

CMC Cougars look forward

BY CAMMIE WRIGHT
 cammie@nordaknorth.com

With only three seniors returning this year, the CMC Cougars boys basketball team is young.

“There are a lot of younger kids who are going to play. Basically, it’s going to be a rebuilding team,” Coach Joi Anderson said. “We have a lot of freshmen this year. In the eighth-grade classes there are a lot of players, and they are pretty good ball players. And then the seventh-grade classes, they have a whole bunch of kids. So, there’s competition there. When you have competition, it brings out better kids to play and dedicate themselves.”

Anderson says he is looking to his senior players for leadership, especially with a young team.

“I hope the seniors can take charge and help the younger players learn to be leaders by next season,” Anderson said. “There are more young kids coming up right now, and bigger classes for next four or five years probably.”

Anderson says the team’s schedule is challenging this year, with tough competition throughout the

district.

“We play a lot of good ball clubs,” Anderson said. “This year is a pretty good year for a lot of good teams in our district, basically. So, it’ll be a tough schedule, but good competition makes you better as a team.”

Anderson says that the biggest challenge for the young team is getting points on the board.

“For us to be successful, we have

to score,” Anderson said. “I always say, you have to score 50 points to be in a ball game. And then you have to score 60 of 65 points to win a ball game these days. Right now, we are falling just short of that. So, we are focusing on shooting the ball.”

The CMC Cougars boys basketball team’s first home game is against Hazen at 7 p.m. Dec. 20 at Underwood High School.

Good Luck Cougars!

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SCHEDULE:

Dec. 10	at South Border Mustangs	2:00 p.m.
Dec. 12	at Velva Invitational	1 p.m.
Dec. 17	at Velva Invitational	1 p.m.
Dec. 20	at Underwood vs. Hazen	7:00 p.m. I
Jan. 3	at Washburn	1:15 p.m.
Jan. 6	at Turtle Lake- Mercer	7:30 p.m.
Jan. 7	at New England	1:30 p.m.
Jan. 12	at Garrison	7:30 p.m.
Jan. 14	at Heart River in Dickinson	12:30 p.m.
Jan. 17	at Grant Country HS – Elgin ND	7:00 p.m.
Jan. 19	at Underwood	6:00 p.m.
Jan. 27	at Wilton	7:30 p.m.
Jan. 31	at Shiloh Christian	7:30 p.m.
Feb. 2	at Turtle Lake -Mercer	6:00 p.m.
Feb. 4	at Flasher	1:00 p.m.
Feb. 11	at Solen	5:30 p.m.
Feb. 14	at Underwood	4:00 p.m.
Feb. 16	at Underwood	7:30 p.m.
Feb. 24	at Turtle Lake-Mercer	7:30 p.m.
Feb. 25	at Standing Rock	5:00 p.m.
Mar. 6	at Bismarck, Region 5 Tourney	3:00 p.m.
Mar. 9	at Bismarck, Region 5 Tourney	10:00 p.m.

ROSTER:

#	NAME	GR	POS	HT
23	Braxxton Wanner	9	forward	6’0”
4	Bridger Rittenbach	9	guard	5’8”
5	Ethan Halstead	12	guard	5’8”
10	Ty Makeeff	9	guard	5’9”
13	Von Irwin	11	guard	5’9”
14	Sam Heger	11	forward	6’1”
20	Jacob Wolf	9	forward	5’9”
22	Aiden Hanson	9	forward	6’0”
24	Tripp Olson	12	guard	5’9”
32	Cole Makeeff	10	forward/guard	6’0”
35	Owen Anderson	11	guard	6’0”
42	Andrew Eichhorst	10	center	6’4”
12	Kade Kjelstrup	12		

Coach: Joi Anderson
Assistant Coach: Alexander Quintane

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all area teams

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Cossacks

Max



Back row: Brytin Hauf, Trey Bennett, Cole Huesers, Erick Talbott and Dominic Westman. Front row: Danny Kersten, Ace Gray, Gabe Magallon, Dalen Ruhland, Jayden Huesers and Dawson Bostow.

Cossacks enter season with high hopes

BY: ETHYN WILLIAMS-CALVERT
ethyn@nordaknorth.com

Max Cossacks' boys' basketball Head Coach Jade Larson is entering the 2022 season with high levels of confidence in his group of athletes.

"I have high expectations for this group. We have good leadership," coach Larson said.

Entering his twelfth season as Max's boys' basketball Head Coach, Larson is familiar with

what to look for and expect from his team, "We will rely on the upperclassmen to be able to play a lot of minutes for us."

The Cossacks lost a handful of players from last season to a mix of graduation or simply not returning to the program this season, including Jayden Whanger, Wyatt Kersten, Ashton Yellowbird and Ben Scheresky who graduated last year.

Despite those losses Larson believes the experience on his

roster will help the team compete in a tough Region 5.

"Our defense will be the point of focus as we will need to get stops against some good offensive teams in our region." Larson said when discussing his expectations for the 2022 season.

His group will get their first chance to display their defensive prowess on Dec. 10 at 2:30 p.m. when the team travels to Tioga for their first contest of the season.

SCHEDULE:

Dec. 10	at Tioga	2:30 p.m.
Jan. 3	at South Prairie	6:30 p.m.
Jan. 10	Wilton-Wing (in Wilton)	7:15 p.m.
Jan. 12	at New Salem-Almont	6:00 p.m.
Jan. 26	at Garrison	7:00 p.m.
Feb. 2	Center-Stanton	7:00 p.m.
Feb. 7	Drake-Anamoose	5:45 p.m.
Feb. 18	Flasher	1:00 p.m.
Mar. 6, 7, 9	Region 5 Boys Tournament (in Bismarck)	TBD
Mar. 16-18	Boys State Tournament (in Bismarck)	TBD

ROSTER:

#	NAME	#	NAME
0	Dominic Westman	15	Gabe Magallon
2	Cole Huesers	23	Erick Talbott
3	Dalen Ruhland	35	Trey Bennett
4	Jayden Huesers	53	Brytin Hauf
5	Ace Gray	55	Dawson Bostow
10	Danny Kersten		

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TROOPERS

Garrison



Back Row: Braxton Iglehart, Ethan Betz, TJ Syvertson, Treyson Iglehart, Brady Norenberg, Avery Klein, Little Hail Perkins, Jamison Rime and Connor Kerzmann. Front row: Gavin Pochant, Sebe Hernandez, Tyler Heusers, Lane Aasand and Gavin Ruud. Not pictured: Kale Graeber.

Garrison boys look to make some noise in Region 5

BY: ETHYN WILLIAMS-CALVERT
ethyn@nordaknorth.com

Boys basketball season in Garrison is nearing its eagerly awaited tip-off to the 2022-23 season.

Under the leadership of Head Coach Justin Folk, in his seventh year coaching at Garrison High and assisted by Jason Mattheis and Andrew Haugen, the team will look to take advantage of its relatively stable roster from last season.

“At the varsity level we have

some experience,” Folk said. “So hopefully we can hit the ground running.”

With his group only having lost Ty Iglehart and Bennett Kamp to graduation following last season the core nucleus of the team is nearly unchanged.

At the high school level, this type of roster stability usually bodes well for a successful season when a group is comfortable playing together they play better as a squad.

Garrison’s team will replace their

two graduated teammates with four new members – Avery Klein, Gavin Pochant, Kale Graeber and Lane Aasand – giving the varsity group 14 players on the roster for this season.

Given the familiarity on the roster the expectations from Folk are simple: “We need to play hard, smart and together.”

Garrison’s boys will take to the court for the first time on Dec. 10 at 4 p.m. as the team travels to Surrey to take on the Mustangs in their season opener.

ROSTER:

Name	GR	POS	HT
Avery Klein	11	Forward	6’5”
Gavin Pochant	12	Forward	6’2”
Braxton Iglehart	11	Guard	6’1”
Ethan Betz	12	Guard	6’2”
Treyson Iglehart	10	Guard	6’1”
Sebe Hernandez	12	Guard	6’2”
Lane Aasand	12	Guard	5’9”
Tyler Huesers	12	Forward	5’10”
Gavin Ruud	11	Guard	5’8”
Connor Kerzmann	12	Guard	6’0”
TJ Syvertson	12	Forward	6’1”
Little Hail Perkins	10	Forward	6’3”
Jamison Rime	11	Center	6’3”
Brady Norenberg	12	Center	6’8”
Kale Graeber	12	Forward	5’5”

Have a great season!

SCHEDULE:

Dec. 10	at Surrey.....	4 p.m.
Dec. 13	at Hazen.....	7:30 p.m.
Dec. 16	at Flasher.....	7:30 p.m.
Dec. 29	Nedrose.....	6 p.m.
Jan. 3	at Wilton-Wing (in Wilton).....	7:15 p.m.
Jan. 6	Grant County/Mott-Regent.....	6:30 p.m.
Jan. 6	Glen Ullin/Hebron.....	7:30 p.m.
Jan. 12	Central McLean.....	7:30 p.m.
Jan. 14	White Shield.....	4 p.m.
Jan. 19	Velva.....	7 p.m.
Jan. 21	at Shiloh Christian.....	4 p.m.
Jan. 24	at Washburn.....	8 p.m.
Jan. 26	Max.....	7 p.m.
Jan. 28	at Center-Stanton.....	5:30 p.m.
Jan. 30	New Salem-Almont.....	4 p.m.
Feb. 4	at Standing Rock.....	5 p.m.
Feb. 6	Lewis & Clark - Berthold.....	7:30 p.m.
Feb. 11	at New Town.....	5 p.m.
Feb. 16	Des Lacs-Burlington.....	7:30 p.m.
Feb. 18	Killdeer.....	7 p.m.
Feb. 24	Solen.....	6 p.m.
Feb. 25	Killdeer.....	4 p.m.
Mar. 6, 7, 9	Regional Tournament (in Bismarck).....	TBD
Mar. 16-18	Boys State Tournament (in Bismarck).....	TBD

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Miners

Wilton - Wing



Back Row: Kendal Sondrol, Brystin Rothwell, Desmond Pflieger, Bradon Wallace, Trey Koski, Ryan Inglis. Front Row: DonTaye Fetzer, Isaiah Johnson, John Marshall, Hunter Wolff, Jonah Miller, Teigen Earsley. Not Pictured: Patrick Conoly.

Wilton-Wing to pick up the speed

BY ALYSSA MEIER
alyssa@nordaknorth.com

The Miner boys are looking to bring a well-rounded roster and plenty of speed to the court this season.

Head coach for the Wilton-Wing boys Scott Wolff says this year's team will showcase talent from across the roster, rather than from a handful of players.

"This team really won't rely on just a few guys," Wolff said. "We will have lots of weapons and I believe we will be playing 9 to 10 kids a night."

This year's varsity squad is made up of six seniors, two juniors, four sophomores and a freshmen, giving the Miners a solid balance of returning experience and up-and-coming athletes.

"I'd say we will have a mixed

crew," Wolff said. "We lost some good seniors from last year but have quite a few kids that played varsity basketball last year."

Among those returning from last year's varsity team will be seniors Trey Koski and Kendal Sondrol, who Wolff expects to set the stage for younger players. Wolff said he also has high expectations for sophomore guard Dontaye Fetzer.

One obstacle for the boys will be the team's height, which Wolff said may prove challenging at the basket.

"We are going to be lacking size which will make it more difficult to get rebounds," Wolff said. "Defending teams with big guys underneath the bucket will definitely be a task for us."

To keep on top of the competition, the Miners will be utilizing

their speed to create turnovers and opportunities to score, Wolff said.

"This is definitely a team that needs to get up and down the floor and put a lot of full-court pressure on," Wolff said. "We will be a very fast-paced team and we will rely on outside shooting."

Another key piece of the Wilton-Wing puzzle -- connection within the team.

"There's no doubt we need to build good team chemistry early if we want to have success," Wolff said.

The Miners will be focusing on working through tough competitors in hopes of playing through the end of the regional championship.

"We want to be playing our best basketball at the end of the year," Wolff said. "We want to get to the last game of the regional tournament with a different outcome."

SCHEDULE:

Dec. 9	at Grant County	7 p.m.
Dec. 13	at New Salem-Almont	
Dec. 19	H - Kidder County	7:30 p.m.
Dec. 28-30	Holiday Tournament at Mandan High School	
Jan. 3	H - Garrison	7:15 p.m.
Jan. 6	at Turtle Lake-Mercer v Glen Ullin/H	3 p.m.
Jan. 7	H - New Rockford	4 p.m.
Jan. 10	at Max	7:15 p.m.
Jan. 12	at Washburn	7:30 p.m.
Jan. 17	at Center-Stanton	7:30 p.m.
Jan. 24	H - Beulah	7:30 p.m.
Jan. 27	H - Central McLean	7:30 p.m.
Jan. 30	H - Hazen	7:15 p.m.
Feb. 3	H - Medina-Pingree/Buchanan	7:15 p.m.
Feb. 6	H - Solen	7:15 p.m.
Feb. 9	at Standing Rock	7 p.m.
Feb. 14	at Flasher	7:30 p.m.
Feb. 17	at South Prairie	7:15 p.m.
Feb. 24	H - Shiloh Christian	7 p.m.
March 6-8	Region 5 Tourney at Bismarck St. Mary's	
March 16-18	State Class B @ Bismarck	

ROSTER:

NAME	GRADE	POSITION
3 Hunter Wolff	10	5'8"
4 Bradon Wallace	10	6'1"
5 Brystin Rothwall	12	6'0"
10 Dontaye Fetzer	10	5'10"
14 Ryan Inglis	12	5'11"
15 Teigen Earsley	9	5'8"
22 Kendral Sondrol	12	5'11"
23 John Marshall	12	5'7"
23 Trey Koski	12	6'0"
32 Patrick Conoly	12	6'4"
33 Jonah Miller	10	5'10"
44 Isaiah Johnson	11	5'6"
45 Desmond Pflieger	11	6'2"

Good luck this season!

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Cardinals

Washburn



Front L-R - Isaiah Acevedo, Oscar Wood, Charlie Sannes, Nick Selensky. Middle L-R - Aaron Blumhagen, Beckett Kadrmas, Parker Jacobson, Carter Knutson, Jack Retterath. Back L-R - Coach Sharp, Dylan Eckel, Alex Retterath, Justin Scheresky, Owen Patterson. Not pictured Aiden Parrill.

Washburn cranks up the offense

BY ALYSSA MEIER
alyssa@nordaknorth.com

Returning talent and strong scoring capability make up this year's Cardinal boys varsity team.

Head coach Josh Sharp will utilize a well-balanced roster of athletes in his first season coaching for Washburn, where he attended school in his youth.

The Cardinals varsity team is made up of three seniors, three juniors, three sophomores and four freshmen, with coach Sharp saying each of the athletes bring some skill to the court this year.

"We have a great mix of up-perclassmen and underclassmen.

All bringing in experience," Sharp said. "Should allow for a quick learning curve."

Sharp, who said ahead of the season he looks for athletes to be adaptive and aggressive, said the team's biggest strength comes in getting to the net.

"We are very offensively gifted," Sharp said. "This will be a great asset for our team."

The Cardinals will be working on fine-tuning their offense while strengthening their defense, which Sharp said was the area most in need of growth.

Sharp said he'll be expecting seniors Owen Patterson, Dylan Eckel and Aiden Parrill, as well as 2022 All-Region team member

junior Alex Retterath, to play key roles in the upcoming season.

When it comes to upcoming games for the Cardinals, Sharp said he's looking forward to seeing some familiar teams on the court.

"I am excited to coach against the teams I played against when I was a high school athlete at Washburn," Sharp said.

Sharp said the boys will be working for continuous improvement all the way through to the end of the season.

"To make sure we are not the same team that started the season as we have continued our goal to get better each day," Sharp said of his goal for the team.

SCHEDULE:

Dec. 13	Kidder County	7:30 p.m.
Dec. 16	Hazen	7:30 p.m.
Dec. 20	at Killdeer	7:30 p.m.
Dec. 29	Grant County	6:30 p.m.
Jan. 3	Central McLean	7:30 p.m.
Jan. 6	at Garrison v White Shield	4:30 p.m.
Jan. 7	at Garrison v Warwick	3 p.m.
Jan. 10	at Center-Stanton	7:30 p.m.
Jan. 12	Wilton-Wing	7:30 p.m.
Jan. 14	at New Rockford	3:30 p.m.
Jan. 21	Solen	7:30 p.m.
Jan. 24	Garrison	8 p.m.
Jan. 27	Linton	7:30 p.m.
Jan. 31	at Max	7:30 p.m.
Feb. 2	Flasher	7:30 p.m.
Feb. 4	at Shiloh	5:30 p.m.
Feb. 9	at Hettinger	7:30 p.m.
Feb. 11	at Standing Rock	6:30 p.m.
Feb. 19	Richardton-Taylor	4:30 p.m.
Feb. 24	at New Salem	7:30 p.m.
March 6-8	Region 5 Tournament at Bismarck St Mary's	
March 16-18	State Class B Tourney @ Bismarck	

ROSTER:

#	NAME	GR
3	Nick Selensky	10
5	Charlie Sannes	10
10	Owen Patterson	12
11	Dylan Eckel	12
13	Beckett Kadrmas	9
15	Parker Jacobson	9
22	Justin Serensky	11
23	Alex Retterath	11
24	Jack Retterath	10
30	Aiden Parrill	12
32	Oscar Wood	9
44	Isaiah Acevedo	9
40	Carter Knutson	11

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Warriors

White Shield



Back row: Darius Jackson, Owen Hosie, Anthony Felix, Josh Jeanotte, Oscar Felix, Bryant Wells, Jase Dickens, Landin Felix, Riley Esquibel and Chris Montclair. Front row: Zane Clark, Cassius Hernandez, Jayden Garcia, George Wilkinson, Kayden Norqway, Madden Everett, Koda Deegan and Weston Bird.

Warriors boys looking to compete

BY ETHYN WILLIAMS-CALVERT
ethyn@nordaknorth.com

For the second straight year the White Shield Warriors boys' basketball program will be led by Head Coach Shaun Knife.

Knife's roster of 18 players features many familiar faces from his previous season coaching.

"It's literally the entire crew from last year," he said, "everyone returned. We didn't have any graduations or transfers from students on the team last year."

Having his entire roster of students return for the next season has Knife's expectations high as the season draws near. He ultimately wants the team competing for a spot at state but has their goal for the season set closer.

"We all have big goals and expectations here," Knife said. "Realistically, our goal is to be in the Region Championship game this year."

White Shield's team definitely has the athletes to make noise during the regular season in

Region 8's District 15, but Knife stressed the importance of his team not getting ahead of themselves this early in the year, regardless of the talent on the squad.


Knife's squad will get their first chance to see how their team looks in action on Dec. 9-11 when the team travels to Billings, Montana for the All American Indian Shootout, and then to the Hunkpapa Classic in McLaughlin, South Dakota, for the group's season opener.

SCHEDULE:


Dec. 9-11	All Indian Shootout (in Billings, MT) TBD
Dec. 30	Hunkpapa Classic (in McLaughlin, SD) TBD
Dec. 31	Hunkpapa Classic (in McLaughlin, SD) TBD
Jan. 2	Powers Lake 6 p.m.
Jan. 3	Trenton 7 p.m.
Jan 6-7	McLean County Shootout at Garrison	
Jan. 14	at Garrison 4 p.m.
Jan. 17	at New Town 7 p.m.
Jan. 20	Williston Trinity 6:30 p.m.
Jan. 24	NS/Plaza 7:15 p.m.
Jan. 27	Solen 6:30 p.m.
Jan. 28	Max 2 p.m.
Feb. 2	at Alexander 7:30 p.m.
Feb. 3	Mandaree 7 p.m.
Feb. 5	Parshall 7:30 p.m.
Feb. 7	at Warwick 7:30 p.m.

ROSTER:

#	NAME	#	NAME
1	Owen Hosie	21	Kayden Norqway
2	Bryant Wells	22	Weston Bird
3	Jase Dickens	23	Oscar Felix
4	Madden Everett	30	Anthony Felix
10	Cassius Hernandez	33	Josh Jeanotte
11	Koda Deegan	34	Darius Jackson
14	Jayden Garcia	35	Landin Felix
15	George Wilkinson	41	Chris Montclair
20	Riley Esquibel	55	Zane Clark



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Melt the orange chocolates according to the package directions.

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Gently drop the Oreo into the chocolate and then use a fork to push it down.

Swirl some chocolate around the edges then scoop the Oreo out.

Put Oreo on wax paper and let them dry for 1 hour.

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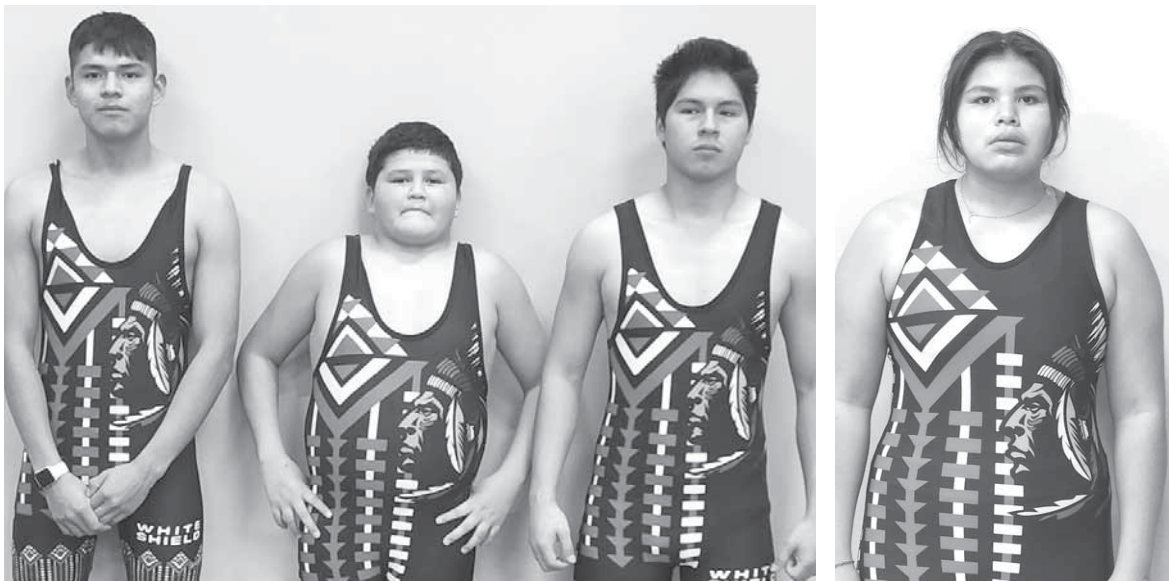


Good Luck from all of us at the
White Shield School



Warriors

White Shield



Delancy Wilkinson, Mark Youngbird-Basurto and William Ebarb

Love Hopkins

Warriors wrestling is on the rise

BY ETHYN WILLIAMS-CALVERT
ethyn@nordaknorth.com

The White Shield Warriors have a new sports program kicking off this winter sports season with their wrestling program moving from the middle school level to the high school level under the familiar coaching of Shannon Hodges.

Hodges had previously been the middle school wrestling coach before the program jumped to high

school.

White Shield's young program currently features two sophomore wrestlers Delancy Wilkinson and Wiliam Ebarb, eighth grader Mark Youngbird-Basurto and seventh grader Love Hopkins, the team's only female wrestler.

Having such a young program expectations from Hodges are within check.

"We just want to compete every match, learn from every

tournament and keep practicing our moves as the season goes on," Hodges said.

He stressed that he hopes his wrestlers are able and willing to learn from their mistakes as the season progresses.

He will get to see his young program in action for the first time when his boy wrestlers travel to Velva on Dec. 2 for their first meet. Hopkins will first compete on Dec. 3 in the same tournament.

SCHEDULES - BOYS:

Dec. 2	at Velva Tournament	1 p.m.
Dec. 9	at Kenmare Tournament	1 p.m.
Dec. 30	at DLB/LC,	1 p.m.
Jan. 7	at Hettinger Classic	1 p.m.
Jan. 21	at Killdeer Tournament	1 p.m.
Feb. 11	Region 4 Boys Tourney at Beulah	7 p.m.
Feb. 16	Boys State Tourney at Fargodome	10 a.m.
Feb. 17	Boys State Tourney at Fargodome	9 p.m.
Feb. 18	State Tourney at Fargodome	6 p.m.

SCHEDULES - GIRLS:

Dec. 3	at Velva Tournament	1 p.m.
Dec. 10	at Grand Forks Sertoma Tournament	1 p.m.
Dec. 17	Border Brawl at Ashley	1 p.m.
Dec. 30	Rumble on the Red at Fargodome	1 p.m.
Jan. 7	at Bismarck Rotary Wrestling Tourney	1 p.m.
Jan. 14	at Minot High Tournament	1 p.m.
Jan. 21	at Cowboy Invitational	1 p.m.
Jan. 28	at Central Cass Invitational	1 p.m.
Feb. 17	State Tourney at Fargodome	9 p.m.

ROSTER:

NAME	WT	GR
Delancy Wilkinson	145	10
Mark Youngbird-Basurto	152	8
William Ebarb	160	10
Love Hopkins	220	7

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Aggies

Velva - Garrison - Max



Back row: Pitch Hager, Evan Rensch, Kelson Mascol, Carson Hildre, Mason Schumaier, Brayden Selzler, Gabe Lakoduk, Lucas Siebuhr, Noah Werner, Alanzo Davis, Jayden Foss and Alexander Sola. Front row: Maddox Campbell, Logan Vincent, Lucas Soli, Alex Leier, Lane Anderson, Bryson Schiele, Brextyn Yanish, Caleb Brown, Lexton Smith, Violet Sola, Isabel Reiswig, Cayleb Whanger, Carter Hurt and Madden Barstad.

Aggies aim for strong season

BY: ETHYN WILLIAMS-CALVERT
ethyn@nordaknorth.com

For the 2023 season the Aggies wrestling program will feature wrestlers from Velva, Garrison and Max as the three schools have agreed to a co-op.

The group will be led by Head Coach Chad Barstad, who is now in his fourteenth year as the coach of the Velva wrestling team.

"We are very young this year in a tough region, but our expectations are still to compete for a Region 3

title," he said.

Barstad's squad lost three seniors – Colin Dean, Shayden Schiele and Triton Kaercher – from the previous season.

Despite the losses, the Aggies wrestlers don't feel too phased.

"Last year we weren't even on the radar to win Region 3," Barstad said. However, the group went on to win both the individual and duals Regional Tournaments in the 2021 season.

Barstad described it as the most exciting Regional Tournament he

has ever been a part of.

"We got hot at the right time and it really paid off," he said.

Aggies wrestlers will compete in 14 regular season meets before the playoffs begin on Feb. 4 with the Regional Dual Tournament in Velva, followed by Regional Individual Tournament in Kenmare on Feb. 11.

If the Aggies season goes well enough, the team will then travel to Fargo Feb. 16-18 for the State Individual and Dual Tournaments.

ROSTER:

NAME	GRADE	POSITION
Logan Vincent	8	138, 145
Kelson Mascol	11	145
Gabriel Lakoduk	12	285
Brayden Selzler	12	195, 220
Alexander Sola	9	195
Evan Rensch	10	182
Jayden Foss	9	170, 160
Caleb Brown	8	152, 160
Mason Schumaier	12	152
Lucas Siebuhr	11	160
Madden Barstad	8	152, 145
Carter Hurt	8	152, 160
Layne Anderson	8	106
Noah Werner	9	152, 145
Carson Hildre	10	132, 138
Bryson Schiele	7	145, 152
Lexton Smith	7	132, 138
Alanzo Davis	9	132
Cayleb Whanger	10	126, 132
Brextyn Yanish	7	120, 126
Lucas Soli	7	120, 126
Pitch Hager	9	113
Maddox Campbell	10	106, 113
Alexander Leier	8	106
Violette Sola	9	125
Isabel Reiswig	9	115

SCHEDULES:

Dec. 8	Des-Lacs Burlington/Lewis & Clark	7 p.m.
Dec. 9	at Kenmare Tournament	1 p.m.
Dec. 10	at Carrington Tournament	1 p.m.
Dec. 16	at Linton Holiday Tournament	1 p.m.
Dec. 22	Northern Lights	7 p.m.
Dec. 29-30	at Rumble on the Red	1 p.m.
Jan. 5	Velva Triangular	3 p.m.
Jan. 12	at Harvey Multiple Duals	1 p.m.
Jan. 13	at Rugby Panther Booster Tournament	1 p.m.
Jan. 19	TBD at Bishop Ryan	5 p.m.
Jan. 21	at Killdeer Tournament	1 p.m.
Jan. 24	at Pembina County North Duals	1 p.m.
Jan. 27-28	at New Salem East/West Crossover	1 p.m.
Feb. 4	Region 3 Dual Tournament	1 p.m.
Feb. 11	Class B Region Tourney at Kenmare	7 p.m.
Feb. 16-17	Class B Boys State Tourney at Fargo	9 p.m.
Feb. 18	Class B Boys State Tourney at Fargo	6:p.m.

Have a great season!

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Place the chocolate in a large, heatproof pitcher. Place the milk in a heavy-bottom saucepan and bring to a boil. Pour about one-quarter of the milk onto the chocolate and leave until the chocolate has softened.

Whisk the milk and chocolate mixture until smooth. Return the remaining milk to the heat and return to a boil, then pour onto the chocolate, whisking constantly.

Pour into warmed mugs or cups and top with the chocolate curls. Serve immediately.

Good Luck to All area Teams!



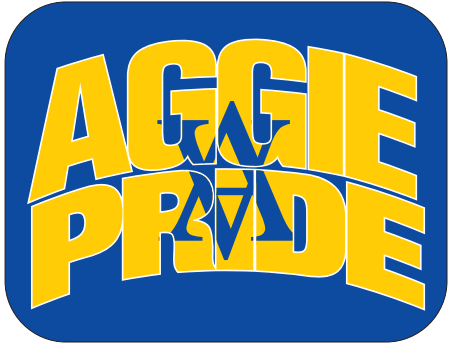
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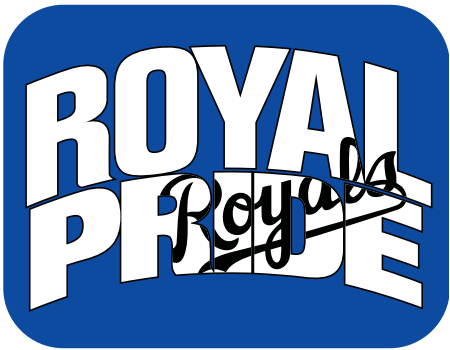
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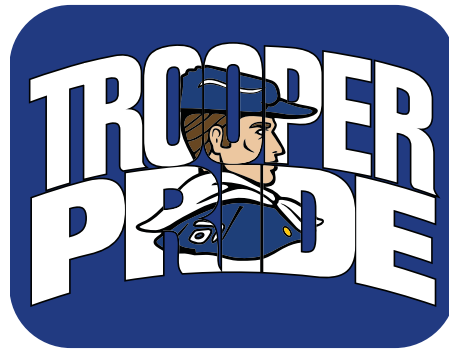
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ADULT Trooper T-Shirt - \$15

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ADULT Warrior T-Shirt - \$15

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