

# Titles crowned in Class B and A girls’ basketball

Mark Frost | Sports Writer

We have some new champions in the ranks of Class B and A girls’ basketball as the Benson County Wildcats garnered the Class B crown by defeating the Kenmare/Bowbells Honkers 69-56 and the Valley City Hi-Liners defeated the Thompson Tommies 67-44 to take the Class A title. Other finishers at the Class B Tournament include the Lewis & Clark/Berthold Bombers taking third place over the Central McLean Cougars 50-46, Langdon Area/Munich grabbing fifth place by topping Linton/HMB 57-56 and the LLM (LaMoure/Litchville-Marion) Loboes placed seventh

beating Grant County/Mott/Regent 69-52.

The Class B All-Tournament team included: Samantha Greff (Grant County/Mott/Regent), Addison Smith (LLM), Meredith Romfo (Langdon Area/Munich), Jersey Vogel (Linton/HMB), Addison Neshem (Lewis & Clark/Berthold), Kasey Simons (Lewis & Clark/Berthold), Morgan Snyder (Central McLean), Adlyn Eng (Central McLean), Mashae Miller (Kenmare/Bowbells), Taya Aufforth (Kenmare/Bowbells), Kaitlyn Maddock (Benson County) and Aubrey Kenner (Benson County). The Tournament Most Valuable Player was awarded to Aubrey Kenner of Benson County.

Senior Athlete of the Year was awarded to Mashae Miller of Kenmare/Bowbells. Other Senior Athlete of the Year candidates were Jersey Vogel of Linton/HMB, Kennison Azure of Hatton-Northwood and Layla Jensen of Hettinger/Scranton. The 2025 Coach of the Year was Denver Deaver of Lewis & Clark/Berthold.

At the Class A level, other finishers were South Prairie/Max topping Devils Lake 64-56 for third place, Carrington defeating Dickinson Trinity 47-44 for fifth place and Turtle Mountain Community High School grabbing seventh place in a 62-53 win over Rugby.

## Class B boys’ region pairings set in Regions 1 and 2

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After missing the region tournament last year, the Maple River Raiders boys’ basketball team returns to Jamestown on Monday, March 10. The 13-9 Raiders will open the Region 1 Tournament by facing the 12-10 MPB (Medina/Pingree/Buchanan) Thunder. The second game of the day will feature two teams that have been ranked in the top 10 all year long in the 18-4 Hankinson Pirates versus the 17-5 EKM (Edgeley/Kulm/Montpelier) Rebels. Game three will also feature teams that have been ranked this season in the 19-3 Oakes Tornadoes taking on 15-7 Linton/HMB. In the final game of the opening day,

the 13-9 LLM (LaMoure/Litchville-Marion) Loboes go up against the 16-6 Barnes County North Bison. Tournament play will continue through Thursday, March 13.

In Region 2, the highly-regarded New Rockford/Sheyenne Rockets (19-3) will take on the Langdon Area/Munich Cardinals (12-10) to open the first round in Devils Lake on Monday, March 10. The PRFL (Park River/Fordville-Lankin) Aggies (12-10) will play the Warwick Warriors (11-10) in the second game of the day. The Midway-Minto Mustangs (20-2) hook up with the Larimore Polar Bears (14-8) to begin the evening session, followed by the MPCG Patriots (11-11) fac-

ing the highly-ranked North Border Eagles (21-1). Tournament play will continue through Thursday, March 13.

The State Qualifiers games will be held on Saturday, March 15 at the Scheels Center in Fargo, which matches up the second and third place finishers in Region 1 versus the second and third finishers in Region 2. If the games are anything like the girl’s qualifying games, fans in the area are going to be treated to some spectacular basketball.

### THANK YOU

I would like to extend a big “Thank You” to the Cooperstown Ambulance personnel, the Cooperstown Fire Department, and the Dakota Regional Health Center emergency room staff for the excellent care I recently received. Our community is fortunate to have such wonderful caring and competent people that answer the call when help is needed. Again, “Thank You!” My life was saved because of you.  
*John Swenson*

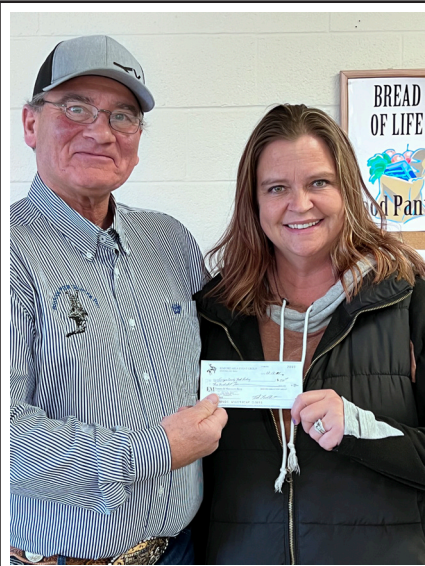
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### ABBREVIATED NOTICE OF INTENT TO AMEND AND ADOPT ADMINISTRATIVE RULES RELATING TO EDUCATOR LICENSURE TAKE NOTICE THAT THE

Education Standards and Practices Board will hold a public hearing to address proposed changes to the N.D. Admin. Code 67.1-02-01-06, 67.1-02-02-02, 67.1-02-02-04, 67.1-02-02, 67.1-02-03, 67.1-02-04, 67.1-02-05, 67.1-02-05-04, 67.1-02-06, 67.1-03-01, and 67.1-04-03 at 10:00 CT on Monday, April 14, 2025, at 2718 Gateway Avenue, Suite 204, Bismarck, ND.

A copy of the proposed rules may be obtained by calling the Education Standards and Practices Board (701) 328-9641. Also, written comments may be submitted to 2718 Gateway Ave. Bismarck ND until April 25, 2025. If you plan to attend the public hearing and will need special facilities or assistance relating to a disability, please contact the Education Standards and Practices Board at the above telephone number or address at least 3 days prior to the public hearing. Dated this 10th day of March 2025  
Rebecca S. Pitkin, PhD  
Executive Director  
Education Standards and Practices Board

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## Bread of Life Donation

Steve Fors, president of Binford Area Event Group (Binford PBR) presents a donation to Farrah Saxberg, president of Bread of Life Food Pantry. These funds are used to provide food for Griggs County residents in need. Pantry items are available on the 3rd Wednesday of each month from 4-5:30 pm.

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## ADVERTISEMENT FOR BIDS

Issued by

### HOPE-PAGE PUBLIC SCHOOL DISTRICT #85

Notice is hereby given that the Hope-Page Public School District No. 85 is selling real property “as is” available for purchase through sealed bidding. The real property to be sold includes all of the School District’s right, title and interest in the buildings and land located at the following address:

401 Bates Avenue  
Hope, ND 58046

Interested parties may submit a qualified bid by delivering a sealed envelope conspicuously labeled “Sealed Bid – House Sale” containing a cashier’s check made payable to “Hope-Page Public School District” in the amount of the bid. Bids must be hand delivered or mailed to the Hope-Page Public School District, 740 7<sup>th</sup> St SE, Hope, ND 58046 and must be received no later than 6:00 p.m. on April 9, 2025 at which time the bids will be publicly opened and read aloud. Any bids that do not comply with the foregoing may, at the District’s sole discretion, be rejected and returned to the bidder. Any bids that are not accepted by the District shall be returned to the bidder.

Upon the District’s acceptance of a bid, the date of the closing of the sale, delivery of possession of the real property, and delivery of a quit claim deed from the District shall be negotiated with the District; provided, however, such closing shall occur no later than July 15, 2025.

The District will make the property available for all inspections and tests upon reasonable notice of an interested party. Interested parties are advised by the District to obtain inspections and investigate the property, and that hazardous substances may be present on the property. By submitting a bid, each bidder warrants, acknowledges, and represents that the bidder has made all relevant inquiries regarding the property, the condition of the property, and presence of hazardous substances. By submitting a bid, each bidder further warrants, acknowledges, and represents that the bidder has consulted with government agencies, lenders, insurance agents, architects, and/or other appropriate persons and entities concerning the use of the property and the surrounding areas under applicable building, zoning, fire, health, and safety codes, and for evaluation of potential hazards. Interested parties shall keep the property free and clear of liens, shall indemnify and

hold the District and its agents harmless from all liability, claims, demands, damages, and costs, and shall repair all damages arising from the inspections and tests. The inspection period is the interested party’s sole opportunity to discover any existing defects prior to submitting a bid for the purchase of the property. By submitting a bid, each bidder releases the District and its agents from and against all liability, claims, demands, damages, and costs arising out of or relating to the condition of the property. By submitting a bid, each bidder accepts any and all buildings, structures, improvements, and personal property located on the property AS IS, WHERE IS, WITH ALL FAULTS AND DEFECTS. The District makes no warranties or representations, express or implied, as to the condition of the property. By submitting a bid, each bidder acknowledges that the bidder has had an opportunity to inspect the property, and has found the property suitable for bidder’s intended purposes. FURTHER, DISTRICT DISCLAIMS ANY IMPLIED WARRANTIES WITH RESPECT TO THE PROPERTY. IT IS SPECIFICALLY AGREED THAT THE PROPERTY SOLD HEREUNDER IS SOLD WITHOUT ANY WARRANTY OF MERCHANTABILITY. THE DISTRICT DISCLAIMS ANY WARRANTY OF FITNESS FOR ANY PARTICULAR PURPOSE WHATSOEVER WITH RESPECT TO THE PROPERTY BEING SOLD, AND THERE ARE NO WARRANTIES THAT EXTEND BEYOND THE DESCRIPTION IN THIS ADVERTISEMENT.

Questions should be directed to Dr. Ian Grande, School District Superintendent, at [ian.grande@k12.nd.us](mailto:ian.grande@k12.nd.us). All costs related to the submittal of a bid shall be the responsibility of the bidder.

The District reserves the right to reject any and all bids or portions thereof, to waive informalities or irregularities in a bid received, to hold bids for a period of 30 days, and to accept that bid which appears to be in the best interests of the District. The District shall incur no legal liability or obligation until a contract is awarded and approved by the appropriate authorities.

Hope-Page Public School District #85

Dr. Ian Grande, Superintendent

Dated: 2/20/2025

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### MAYO CLINIC MINUTE

## Tips for better sleep

By Deb Balzer | Mayo News Network

Daylight Saving Time begins March 9 when clocks spring an hour forward early Sunday morning.

No matter if you need five hours of sleep or eight, the key is getting good, refreshing rest. According to Dr. Virend Somers, a cardiologist who specializes in sleep disorders, how much sleep a person needs varies from person to person. However, there are some simple tips that everyone can use to get better sleep.

Different people need different amounts of sleep, and, on average, we can say most people need seven to eight hours,” explains Dr. Somers.

He says to consider the quality of sleep, not the quantity. He offers these ideas to help you have good sleep hygiene.

Tips for better sleep

“In the bedroom, you want absolute darkness,” says Dr. Somers.

And that means no screens, no TV, no laptops, no phones, and no ticking clocks or LED displays.

“Avoid bright lights, avoid looking at your phones because light from there can affect your melatonin,” Dr. Somers says. That’s the hormone that regulates sleep.

He says when it comes to quality sleep, less stimulation is best.

“Minimize alcohol, minimize exercise, minimize lights, minimize external inputs before about two hours or so before bedtime. The bedroom is for sex and sleep. It’s not for spreadsheets,” says Dr. Somers.

Exercise can help improve sleep, but working out near bedtime can raise arousal levels, making it harder to sleep. And consider a sleep schedule. Going to bed and getting up at the same time each day reinforces your body’s sleep-wake cycle.