

# CENTRAL CASS BASKETBALL

It's a 'great time to be a Squirrel,' SPORTS

# The Forum

OF FARGO-MOORHEAD

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## West Fargo eyes another I-94 exit

By Wendy Reuer  
West Fargo  
Pioneer/The Forum

WEST FARGO — The city of West Fargo could get an additional Interstate 94 exit at 26th Street West, west of the fairgrounds.

The West Fargo City Commission recently voted unanimously to have staff negotiate with the developer of the Sandhills Sixth Addition to purchase a portion of the development to secure the city's right-of-way should an interchange be built.

"I think it's absolutely essential to have this project to improve the connectivity," Commissioner Mandy George said.

City Engineer Dan Hanson said it's an opportunity for city staff to look into the future, especially when it comes to the Sandhills lots. He said 26th Street West has been identified as a future major north-south corridor for the city as it expands.

Hanson said part of the 132,000 square foot parcel could be donated by the developer, who is willing to sell the remainder of the land

needed to the city.

"If the city chooses not to purchase the land, it will be platted and developed within the Sandhills Sixth Addition project, and when the interchange is constructed in the future, it is likely that the city would need to purchase this land from businesses at a potentially considerably higher cost," Hanson said in a memo to the City Commission.

If an interchange is constructed in the area, it would be done by the North Dakota Department of Transportation, Hanson said. However, without having the right-of-way, it would likely be more difficult to urge NDDOT to move forward with such a project.

Hanson said a recent Fargo-Moorhead Metropolitan Council of Governments (Metro COG) study found it's possible that 13th Avenue could also one day have an interchange at I-94 as the street stretches into far western West Fargo.

Readers can reach West Fargo editor Wendy Reuer at wreuer@forumcomm.com or 701-241-5530.



Submitted image

This concept drawing shows a possible future Interstate 94 interchange at 26th Street West in West Fargo.



Michael Vosburg / The Forum

Beth Sanford of Rasmussen College stands in the sun — necessary for the body to produce vitamin D — March 22 in Fargo. She is directing the Vitamin D Project in North Dakota to educate people about the importance of Vitamin D for good health.

## Are you low on vitamin D?

Experts say a deficiency could increase susceptibility to illness

By Patrick Springer  
The Forum

**F**argo daughter found herself in a downward health spiral. Her symptoms started with a run-down feeling, which she attributed to her exertion from running cross-country.

As weeks passed, the high school student was unable to recover. Her fatigue grew worse, and she was prone to infections.

"She started to get cold after cold after cold," Sanford said,

recalling the episode in the fall of 2019. "That's not her at all. Very healthy kid."

The slide continued. Her daughter became worried and unusually emotional, telling her mother: "Mom, I feel like I'm dying. There's something wrong with me. I don't feel like myself."

At the suggestion of a nurse-practitioner friend, Sanford had her daughter's vitamin D levels checked and learned they were low: 8 nanograms per milliliter, far below the 40 to 60 considered

normal by vitamin D experts.

Anything below a level of 20, according to the National Academy of Sciences, is considered deficient.

After three months of taking vitamin D, Sanford's daughter tested at 22. Her levels later climbed higher, and she regained her health.

The experience made a believer of Sanford, a nurse who went on to launch what she calls the North Dakota Vitamin D Project to survey vitamin D blood levels in North Dakota.

She found out that her daughter wasn't alone — lots of people were deficient.

Her survey of 49 people in late December 2021 to February 2022 found that almost half of the participants had vitamin D blood levels below 20 nanograms per milliliter — and one in five had levels below 10.

Only one participant had a level within the range of 40 to 60 nanograms per milliliter recommended by a panel of 48 international vitamin D researchers and scientists.

**VITAMIN:** Page A8

## Voters to decide on ND Constitution edits

Lawmakers OK ballot measure that would remove outdated terms

By Jeremy Turley  
The Forum

BISMARCK — Most North Dakotans wouldn't use terms like "feeble-minded," "deaf and dumb" or "insane" to describe people with dis-

abilities or mental illness, but the outdated language is still featured in the state Constitution. Voters will have the opportunity to change that next year.

The state House of Representatives and Senate unanimously passed Senate Concurrent Resolution 4001, which would change references in the constitution from:

► A "school for the deaf and dumb" to a "school

for the deaf and hard of hearing."

► A "state hospital for the insane" to a "state hospital for the care of individuals with mental illness."

► An "institution for the feeble-minded" to a "facility for individuals with developmental disabilities."

Since constitutional amendments require a public vote, the measure

will appear on the statewide ballot in 2024.

Some of the phrases lawmakers hope to eliminate date back more than a century.

The original constitution approved at statehood in 1889 created a "deaf and dumb asylum" in Devils Lake, though voters approved a measure 15 years later that changed the institution's

**VOTERS:** Page A8



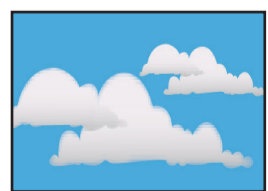
Forum file photo

North Dakota Capitol in Bismarck.

### INSIDE TODAY'S FORUM

- Business ..... A7
- Classifieds ..... C1-3
- Comics ..... B7
- Life ..... B5-6
- Opinion ..... A5
- Sports ..... B1-4
- Weather ..... B8

### Today's weather



21°  
-5°  
Cloudy  
Details, B8



**BUSINESS:** Sweet Dreams celebrates expansion.  
**PAGE A7**

## Nurse's license suspended after she got fake diploma, ND officials say

By April Baumgarten  
The Forum

FARGO — A Fargo licensed practical nurse was suspended from her duties in September after North Dakota officials learned she obtained false credentials in a scheme that produced thousands of fake nursing diplomas and transcripts.

The North Dakota Board of Nursing recently confirmed to The Forum that it suspended on Sept. 6 a nursing license for Dorothy Cummings, an LPN who worked at PAM Health

Rehabilitation Hospital in Fargo. Attempts to reach Cummings were unsuccessful.

Cummings "fraudulently obtained an illegitimate one-year practical nursing certificate and transcript that she used to get her licensure as a licensed practical nurse in North Dakota on Nov. 11, 2020," according to an emergency order that suspended her license. She also didn't complete the needed program hours and clinical training needed to earn her practical nursing certificate and tran-

script, the order said.

The suspension in North Dakota will last five years, the order said. During that suspension, she is not allowed to work in any nursing role in North Dakota.

Minnesota also suspended Cummings' license, according to Nursys, an online database that shows the status of nursing licenses in the U.S. Documents were not attached to that database, but Nursys said Cummings was suspended for "fraud, deceit or material omission in obtaining license or cre-

dentials."

North Dakota Nursing Board Executive Director Stacey Pfening confirmed Cummings obtained the false credentials through a scheme that sold more than 7,600 fake nursing degree diplomas and transcripts.

The investigation, dubbed Operation Nightingale, was launched by the U.S. Department of Health and Human Services and its law enforcement partners, according to a news release issued in January.

**NURSE:** Page A8