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Postal Patron

Vol. 40, No. 35  
Monday, December 25, 2023

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THE  
PAPER  
TODAY!**

**NOTICE FOR REQUEST OF PROPOSALS AND BIDS**

Notice is hereby given that the Board of Supervisors of the South McLean County Soil Conservation District will receive sealed proposals with bids for the new construction of cold storage building at the office of the South McLean County Soil Conservation District until 2:00 PM, Monday, January 29<sup>th</sup>, 2024. The proposal must be mailed or otherwise deposited with the District Manager, and it shall be sealed and endorsed "Proposal for Construction".

Each bid shall be accompanied by a bidder's Bond in the amount of five percent (5%) of the net sum bid. Bids must be submitted on the forms furnished by the South McLean County Soil Conservation District and in accordance with the specification and conditions contained. Copies of the proposal forms may be obtained from the South McLean County Soil Conservation District office in Turtle Lake, ND.

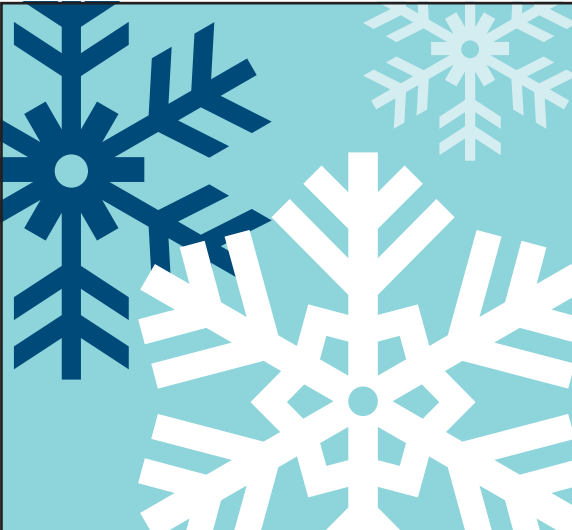
The Board reserves the right to reject any and all bids, to waive informalities or technicalities and to accept the bid or bids which appear in the best interest of the South McLean County District.

By order of the South McLean County Soil Conservation District Supervisors the 5<sup>th</sup> day of December 2023.

Christiana Kelly, District Manager  
South McLean County Soil Conservation District  
PO BOX 537 / 24 2<sup>nd</sup> Ave E  
Turtle Lake, ND 58575

Due to the Christmas holiday, Our deadlines for **The Leader-News and Central McLean News-Journal** will be on Friday at 4 p.m.

Thank you!



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## SATURDAY, DECEMBER 23

**LORD'S PANTRY FOOD DISTRIBUTION** is held at Trinity Lutheran Church in Turtle Lake from **10 am -12 pm**. No referrals or pre-registration required. All in need are welcome to recieved food at no cost.

**THE THRIFT STORE**, Garrison Area Resource Center, 10 a.m. to 1 p.m.

## MONDAY, DECEMBER 25

## CHRISTMAS DAY

**YOGA**, First Congregational Church, Garrison, 8 a.m.

**BONE BUILDERS,** Garrison Senior Center, 10 a.m.

**WEDNESDAY, DECEMBER 27**

**YOGA**, First Congregational Church, Garrison, 8 a.m.

**THE THRIFT STORE,** Garrison Area Resource Center, 10 - 6 p.m.

## THURSDAY, DECEMBER 28

**COMMUNITY CLOTHING SHARE-EXCHANGE** at 221 Main St. in Turtle Lake has a clothing opportunity at no cost each Thursday from 12:00 -6:00 p.m.

## BONE BUILDERS, GARRISON SENIOR CENTER, 10 A.M.

## FRIDAY, DECEMBER 29

**TURTLE LAKE SENIOR CENTER, 1:30 p.m.** at Turtle Lake City Hall.

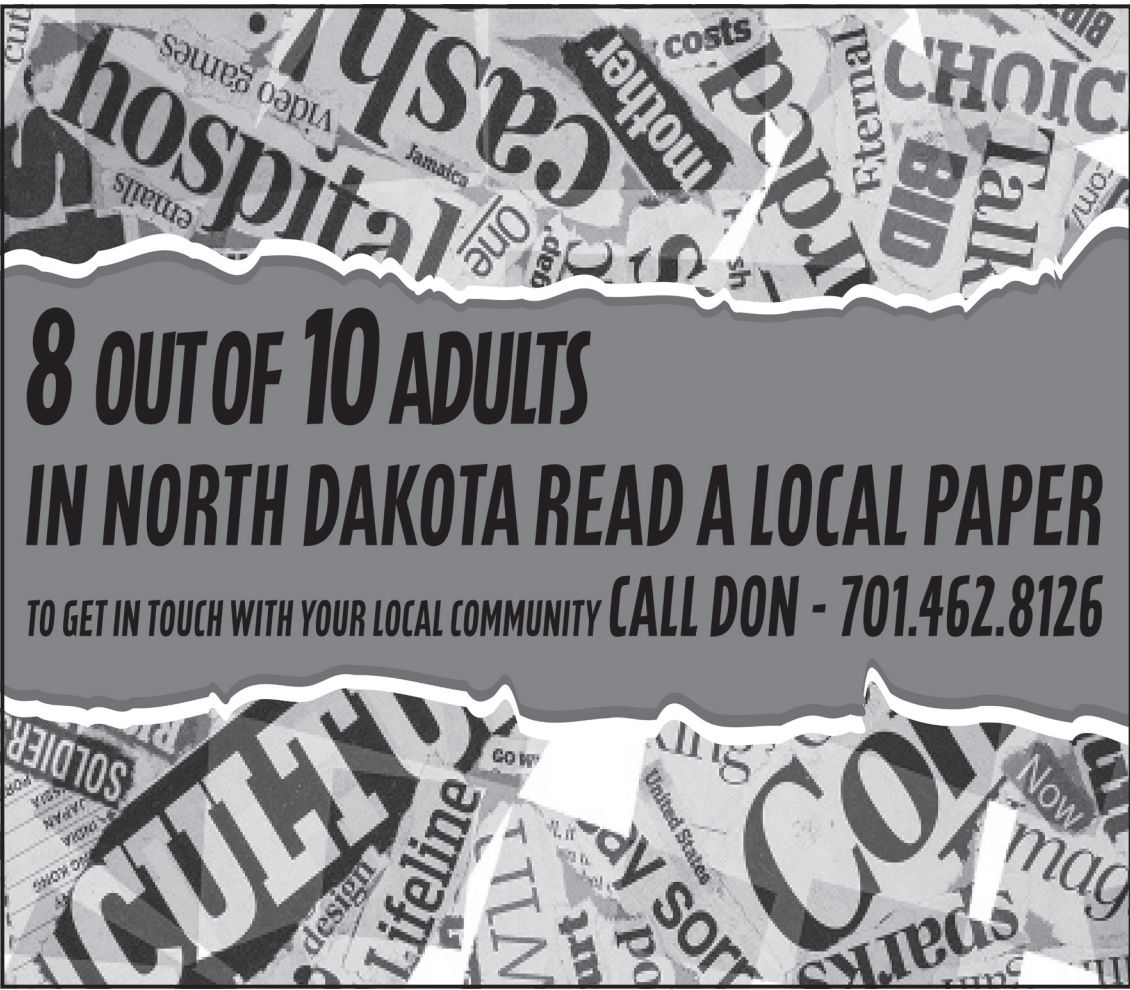
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# BLASTING SCHEDULED TO TAKE PLACE AT FALKIRK MINE THROUGHOUT 2024

BY KELLI AMELING, ASSOCIATE PUBLISHER

The Falkirk Mine had published a list of areas scheduled for blasting next year.

According to public notice published in the Washburn Leader on Dec. 14, blastings may begin Jan. 1 and occur through Dec. 31.

During this one-year time frame, the blastings will take place between sunrise and sunset. There will be blast warning signals including:

- An intermittent signal for a pre-blast notification.
- A steady signal for all clear notifications.

At the time of a blastings, mine access roads will be posted with blast warning signs and ramps to pits will be blocked.

“Blasing may occur at other times during emergency situations where rain, lightning, atmospheric conditions or operator or public safety requires unscheduled detonation,” the public notice read.

The public notice stated blastings may occur within Mining Permit NAFK-9503 in the following areas:

- The W2 of Section 7, Township 144 North, Range 83 West;
- AND the E2 of Section 12 and the

- S2 of Section 1 and Lots 1, 2 3 & 4 of Section 1, Township 144 North, Range 84 West; AND the E2 of Section 29 and the E2SW4 of Section 29 and the E2 of Section 32 and the E2W2 of Section 32 and the SW4 of Section 33, Township 145 North, Range 83 West.

Blasting may occur in Mining Permit NAFK-8405 in the following areas: All of Section 1, All of Section 2 and the SE4 of Section 3 and the E2SW4 of Section 3 and the N2 of Section 10 and the NE4 of Section 9, Township 146 North, Range 82 West.

# MEDICAL EMERGENCY PROMPTS ‘SHELTER IN PLACE’ AT WASHBURN PUBLIC SCHOOL

BY KELLI AMELING, ASSOCIATE PUBLISHER

In a statement shared with parents at Washburn Public Schools, Superintendent Penny Veit-Hetletved addressed questions regarding a recent shelter in place situation.

On Dec. 14, WPS initiated at shelter in place order, in which Veit-Hetletved stated there was a medical emergency causing the order.

“... Shelter in place can be used for many different scenarios such as a medical emergency, a non-violent threat such as a suspicion of a controlled substance, an equipment movement since we

are under construction – the list is endless,” she wrote to parents.

The incident Thursday required an ambulance to respond, and in addition to the medical emergency, there was a tip given to staff that drugs could be in the school.

“Since we wanted to ensure that no students were harmed in the scenario of ingesting drugs, we had law enforcement come with their K-9 unit to search the school and further protect our students and staff,” Veit-Hetletved stated. “Once law enforcement was done assisting us, we were able to dismiss kids.”

McLean County Sheriff J.R. Krezmann said his department did assist after a student had used a vape pen containing THC. The department’s K-9 unit did sweep the school for drugs and hit on a couple of locations.

“All students were dismissed late from school,” Veit-Hetletved said, before offering condolences for any inconveniences it might have caused. “Our school’s mission is to provide quality education addressing the academic, social and emotional well-being of each student.”

# LEGISLATIVE UPDATE

BY JOE ZELEZNIK, FORESTER

Hi, everyone,

Many of you have been hearing about a court case the state of North Dakota lost concerning last year’s changing of the legislative districts. It’s true, but your state legislature has decided to appeal the decision.

A motion for a stay to extend the time to address the court’s decision was rejected. Dec. 22 is the date the court designated as the cutoff for us to make changes. No decision has been made, so I don’t have a definitive answer for you as to where we go from here.

I was invited to a conference with several scientists who are reaching out to state legislators to discuss facts with the current CO2 in the atmosphere and the propaganda of the leftist green new communist deal.

The scientists presented a very in-depth analysis of climate change in the past since records have been kept. There is no scientific evidence to back up the false claims of the climate liars.

They continue to lie about the facts and their claims that 97% of scientists believe in man-made carbon in the atmosphere. The

scientists said it’s the other way around. The 97% agree the climate is and has always been changing but not because of man. The oceans and volcanic activity are two of the largest contributors, as well as fires fueled by invasive grasses.

The scientists said right now the CO2 in the atmosphere is at an optimum level for plant growth. Not just us but third-world nations are having record crop production with less moisture necessary for the higher yields. They are speaking out to policymakers to make us aware that what is happening with these unsustainable, wasteful and unaffordable so-called green energy is about policy and not science. The pollution they are creating and the cost to dispose of the windmills and solar panels is an enormous problem and is causing catastrophic environmental impacts.

Merry Christmas, everyone, and good Lord’s blessings to you and your families.

Sincerely,  
Sen. Jeff Magrum  
District 28



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# DAKOTA GARDENER

BY TOM KALB, HORTICULTURIST

## This year was a winner for gardeners

Every year in the garden is full of surprises and challenges. In some years, Mother Nature can plague us with destructive pests and drought. In other years, she can fill the sky with generous rains. Now is a good time to reflect on our growing season in 2023. Was it a good year for you? It was for many gardeners. Let’s start with last winter. After years of drought, much of North Dakota was blanketed with heavy snowfalls. Moisture is vital in our gardens, so this snow was a blessing. At least that’s what I told myself while I was shoveling all winter. The snow melted and our soils were replenished with moisture. This made our spring season a time for hope and promise. Then Mother Nature provided a cold shoulder to us, giving us one of the coldest Aprils on record. Once temperatures finally began to warm in May, we experienced more rain than we needed. This delayed planting for weeks in many gardens.

Our summer was wonderful. It was warm. We did not get a lot of rain, but the rains were timely for most of us. Old and new pests threatened our landscapes. Grasshoppers emerged as a problem in spring, but their presence declined. The baby grasshoppers did not appreciate the cold, wet weather. Emerald ash borer was detected in Moorhead, Minnesota. Fortunately, the pest has not been detected in North Dakota. We need to keep vigilant. It’s critical that we do not move firewood from infested regions into our state. Another emerging threat is tomato spotted wilt virus. This has been a huge problem around the world for over 20 years and it is starting to make its presence known in the Dakotas. This virus causes tomato vines to wilt and the fruits to develop spots that look like moon craters. Fortunately, tomato varieties are being developed to resist the virus. The autumn was tremendous in 2023. I can’t recall a longer, warmer or sunnier autumn. It was

a treasure. Melons, squash and other late-ripening crops thrived this year. I will remember 2023 as the Year of the Turtle. The old proverb “slow but steady wins the race” comes to mind. In the famous fable, the turtle started slowly but won his race against the rabbit. Just like the turtle, our gardens got off to a slow start, but Mother Nature gave us the rains we needed in summer. The glorious autumn gave our gardens an opportunity to enjoy a full growing season. This year was a winner! Happy New Year! May you be blessed in 2024 with a pleasant end to winter followed by a spring filled with gentle rains. May the summer bring warmth to your garden and heart, and the autumn bring you a bountiful harvest. For more information about gardening, contact your local NDSU Extension agent. Find the Extension office for your county at [ndsu.edu/countyoffice](https://www.ndsu.edu/countyoffice).

# WE THE PEOPLE

BY DAVID ADLER

## A Law Court Will Affirm Colorado’s Ruling on Trump”

In his landmark opinion for the U.S. Supreme Court in *Marbury v. Madison* (1803), Chief Justice John Marshall defined the over-arching responsibility of the High Bench: “It is emphatically the province and duty of the judiciary to say what the law is.” Marshall, the greatest name in our constitutional jurisprudence, observed that the Supreme Court is a law court, not a political court, a crucial distinction for a nation founded on the rationale that ours is a government of laws, not men. With notable exceptions, the Court, historically, has been a venerated institution precisely because the citizenry believed that the Justices served, as Alexander Hamilton anticipated in *Federalist No. 78*, as a “mouthpiece” for the Constitution, rather than as legislators who would impose their personal and political preferences. Hamilton and his fellow framers of the Constitution wanted a law court, not a political court.

It was in the Hamiltonian-Marshallian spirit that the Colorado Supreme Court, acting as a law court, ruled that Donald Trump engaged in insurrection on January 6, 2021 and, therefore, is ineligible for certification on the ballot since he is disqualified under Section 3 of the 14th Amendment from running for the presidency. The Colorado Supreme Court agreed with the fact-finding conclusion of the state trial court, following a five-day trial, that Trump, based on overwhelming evidence, had engaged in insurrection, which triggered Section 3. That provision bars from “any office, civil or military, under the United States,” anyone who takes an oath “as an officer of the United States . . . to support the Constitution of the United States [who] shall have engaged in insurrection or rebellion . . .” Denver District Judge Sarah B. Wallace had held that Trump “acted with specific intent to incite political violence and direct it at the Capitol with the purpose of disrupting the electoral certification.” Judge Wallace, however, inexplicably said that Section 3 did not encompass presidents. The state supreme court overturned that ruling by holding, correctly, that the American Presidency is, indeed, an “office” and that the president is a “civil officer,” bound by the Constitution. The U.S. Supreme Court has, since the dawn of the republic, referred to the president as an officer. In the Aaron Burr Treason Trial in 1807, for example, Chief Justice Marshall, held that the president is an officer, amenable to the judicial process and required to comply with subpoenas. In 1988, in *Morrison v. Olson*, Chief Justice Rehnquist wrote for the Court, upholding the special counsel statute, and said the president is a “principal” or “superior” officer. Trump called the Colorado ruling “fatally flawed” and it is expected that he will shortly appeal to the US Supreme Court. The decision, however, is not flawed, but rather a “masterful” opinion, in the words of retired appellate judge, Edward Luttig, one of the nation’s most respected conservative jurists. Indeed, the opinion was beautifully crafted in a manner that fits the expectations of the Supreme Court Justices who style themselves textualists and originalists. The Colorado opinion is firmly grounded in the textual

language and the structure of Section 3 of the 14th Amendment, precisely the exalted approach to constitutional interpretation advocated by Justices Alito, Thomas, Gorsuch, Kavanaugh and Barrett. In a word, it is Mother’s Milk for that quintet. As such, if the Justices remain true to their philosophy of constitutional construction and the Court acts as a law court, then the result should be affirmation of the Colorado State Supreme Court decision. Traditionally, appellate courts do not disturb the findings of fact established by the trial court, unless there is demonstrable error. In this instance, it would be very difficult to find error since all eight of the Colorado judges—the trial court judge and the seven Supreme Court Justices, including the three dissenters—agreed that Trump had engaged in insurrection. The Court might engage in a *de novo* review, that is a fresh review of the facts, if it looks for an exit ramp in the event it does not want to uphold the Colorado Supreme Court, but that is rare and critic’s knives would be out if the Court were to abandon the traditional approach of deference to the trier of fact.

There would remain the question of application of the law, in this instance, Section 3 of the 14th Amendment. The language of that provision is crystal clear, which reflects the aims of the 39th Congress that wrote it to protect Americans from the possibility that an officer who had engaged in insurrection might regain power. Application of the law by the Supreme Court does not contemplate at all the lack of a conviction of Trump by a court of law, since there is nothing in the text or the legislative history pertaining to a requirement of a conviction before someone can be banned from the ballot. That’s because Congress, in writing Section 3, anticipated the potential return to office of men who had not been convicted or would not be prosecuted, but had engaged in insurrection. Protection of the republic was of paramount importance. If the Supreme Court acts as a law court, in the spirit of Alexander Hamilton and John Marshall, it should affirm the Colorado Supreme Court’s ruling.



# PRAIRIE FARE

BY JULIE GARDEN-ROBINSON

## Try these nutrition tips and a class for the New Year

I have been at a few holiday buffets recently. Everything on the table looks quite tempting. I want to taste a little of everything. At each buffet, I tend to eat more than I need. Maybe I am the only one affected by food temptation. I don’t think so. Many people wonder why they gain weight. They are sure that they are not eating very much. Consider this scenario about tiny tastes I adapted from a former Nebraska colleague. Calories from these small treats can add up fairly quickly. Taste 1: A cookie broke on the cookie sheet, so you ate it. (30 calories) Taste 2: A piece of peanut brittle in a bowl on the counter attracts your attention. (80 calories) Taste 3: You were missing an ingredient, so you made a quick trip to the grocery store. You pick up a food sample (a cracker and spread). (40 calories) Taste 4: You pick up a box of chocolate-covered cherries. They remind you of your younger days and you enjoy one for a treat in the car. (60 calories) Taste 5: You are a little thirsty, so you enjoy a half cup of creamy eggnog. (200 calories) Taste 6: You are preparing a snack buffet. You have a few chips and dip. (75 calories) Taste 6: You taste the ice cream while dishing dessert. (OK, you had two spoonsful.) (70 calories) Add up the calories from the treats and it totals 555 calories. You can counterbalance treats with physical activity and less food at other meals. To burn 500 calories, you would need to swim or cycle for an hour or run fast for 40 minutes. To be honest, I would need something chasing me to make me run for 40 minutes straight. Physical activity is very important for maintaining your health. We need to aim for 150 minutes of moderate activity, such as walking, per week.

An extra 500 calories per day over 7 days equals 3,500 calories. That could, in theory, yield 1 pound of body fat in a week. Some indulgences are certainly OK, but weighing too much can promote several chronic diseases. Type 2 diabetes, heart disease, cancer, gallbladder disease, high cholesterol, joint issues and many other physical conditions can result from excess weight. What’s a person to do? Try not to go to a party hungry. Have a bowl of broth-based soup, such as chicken noodle soup, to take the edge off your hunger. Stand away from the food table. Gather your snacks in a small napkin instead of stacking them on a plate. Eat a carrot stick for every tiny cookie. Drink ice water instead of having a cocktail, or limit yourself to one adult beverage. As 2024 begins, consider taking a nutrition class. We are offering the Nourish program face-to-face in several counties and as online modules. Those who complete at least six of the seven classes or online modules will have the chance to win prizes. Each class will focus on one topic, such as how to keep your eyes healthy. Other topics include how to keep your heart, brain, digestive system, skin, bones and joints healthy and strategies for getting more sleep. Enrolling in the class series is a two-step process, but it is straightforward. Visit [www.ag.ndsu.edu/nourish](http://www.ag.ndsu.edu/nourish) to register. After registering, you will receive an “enrollment key” to begin the online class, and then you are ready to begin the self-paced class. If you aren’t able to attend a class in person or want more information on the topic covered in a session, you can enroll in both the web-based and face-to-face classes. Try a different recipe during the holidays. This lentil naan bread looks a little like Scandinavian-style “lefse” and has a distinct flavor and texture similar to what you might order in an Indian restaurant. The

recipe pairs very well with chicken curry and rice. You also could cut into small pieces and serve with hummus. See [www.ag.ndsu.edu/food](http://www.ag.ndsu.edu/food) and search the recipes for “hummus.” Lentil Naan Bread 1 teaspoon sugar ½ cup warm water 2 teaspoons dry yeast ¼ cup cooked or canned lentils, drained and rinsed ¼ cup canola or olive oil 1/3 cup plain yogurt or sour cream 1 egg 2½ cups all-purpose flour (adjust to make a soft dough) 1 teaspoon salt ¼ cup chopped fresh cilantro or parsley, optional In a small bowl, dissolve sugar in warm water. Stir in dry yeast and let stand for 10 minutes or until frothy. In a food processor, add lentils, oil, yogurt or sour cream, and egg, and puree until smooth. In a medium bowl or mixer, combine flour and salt. Stir in yeast and lentil mixtures and fresh herb, if using. Place dough on a lightly floured surface and knead until soft, adding more flour 1 tablespoon at a time if necessary. Dough should be soft but not sticky. Place dough in a well-oiled bowl, cover with a cloth or plastic wrap and let rest for 1 hour in a warm area. Preheat griddle or cast-iron pan to medium high heat. Turn dough out onto lightly floured surface. Divide dough into 12 pieces and then flatten into discs. Cook naan on griddle or in cast-iron pan until golden brown, then flip over and cook the other side until golden brown. Makes 12 servings. Each serving has 150 calories, 6 grams (g) fat, 5 g protein, 20 g carbohydrates, 1 g fiber and 220 milligrams sodium. (Julie Garden-Robinson, Ph.D., R.D., L.R.D., is a North Dakota State University Extension food and nutrition specialist and professor in the Department of Health, Nutrition and Exercise Sciences.)



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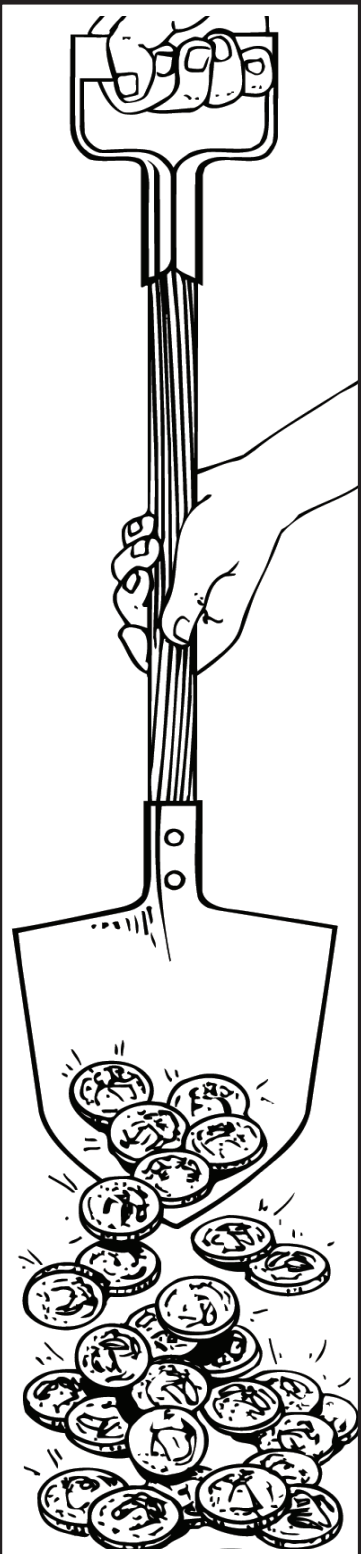
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# PRAIRIE FARE

BY ANN ERLING

## Norwegian Christmas Traditions

There are the twelve days of Christmas, the eight days of Hanukkah, and the seven days of Kwanzaa, but can you imagine twenty days of Christmas? Some wait all year for a single day of celebration with family and friends, but not too long ago some of North Dakota’s earliest settlers were stretching Christmas to its limit. The traditional Norwegian Christmas is not one, but twenty days of celebration!

Many of the basic Norwegian Christmas customs don’t differ from the average North Dakotans’ Christmas. They decorated Christmas trees, and opened gifts on Christmas Eve, but there were many Norwegian traditions that may be unfamiliar to the modern North Dakotan.

The biggest difference though, was the number of days celebrated. By Norwegian tradition, they celebrated for twenty days from December 25th to January 13th. That’s not counting the days celebrated leading up to Christmas, like the 23rd of December, or “Washing Day,” a day set aside for preparation for the Christmas season.

Christmas Eve Day was similar to “Washing Day” and was used to finish any last minute chores. But all chores ended by sunset, and festivities and some unique traditions were celebrated on

Christmas Eve.

A large meal was served the night before Christmas, and it was the milk maid’s duty to supply her family with Kolvgamme, a seasonal delicacy prepared with fresh milk. If fresh milk was not available, the Kalvgomme could not be prepared and the milk maid or an effigy of her was set on the roof of the stable for punishment!

While the milk maid was sitting on the stable, Norwegians believed that on Christmas Eve the animals would be talking in the stables. According to Norwegian superstition, on the night before Christmas the animals would talk about the delicious food they had been given, for even the animals were included in the celebration of Christmas.

Christmas Day was quiet, and set aside for religious observance and family time. A large meal was served, with lutefisk as the main dish. The day after Christmas, or Second Christmas as it was called, was when the real holiday partying began. Nineteen days of celebration followed the 25th of December. Friends and family held open houses and visited one another frequently.

During this time, the young people would dress as Jul Bukk, or Christmas Fools, hiding their identity and going house to house in search of treats. Christmas

celebrations lasted until the thirteenth day of January, when the last parties were held and the Christmas tree was taken down.

After immigrating to America, Scandinavian families continued for some time to celebrate a traditional Norwegian Christmas, but soon Old Country customs blended into American Christmas traditions, leaving most Norwegian immigrants with the common one day celebration.

Most modern Norwegians must now wait for Christmas nineteen days longer than their ancestors, but although several days are missing, the same Christmas spirit has managed to fit into one day and some things haven’t change: the decorated tree, the time with family, and of course, the traditional Christmas Lutefisk.

Dakota Datebook Written by Ann Erling

“Dakota Datebook” is a radio series from Prairie Public in partnership with the State Historical Society of North Dakota and with funding from the North Dakota Humanities Council. See all the Dakota Datebooks at [prairiepublic.org](http://prairiepublic.org), subscribe to the “Dakota Datebook” podcast, or buy the Dakota Datebook book at [shopprairiepublic.org](http://shopprairiepublic.org).



# THE FILM PURSUIT

BY HUNTER KAMRATH

## The First Annual Christmas Special

With Christmas time on our doorstep once again, what better time to celebrate one of the most famous genres in entertainment than Christmas movies. But for my very first Christmas special, I’m going to go back and look at animated Christmas specials that were so popular throughout the 1960s and 1970s. Many of these still air on television today and provide a lot of nostalgia for the countless who have seen these beloved specials. Without further ado, let’s look at my top five favorite animated Christmas Specials.

Honorable Mentions: “It’s Christmastime Again Charlie Brown” (1992), “The Year Without a Santa Claus” (1974), “Frosty the Snowman” (1969)

**5. “How the Grinch Stole Christmas!” (1966)**

The 1966 classic based off Dr. Seuss is a must watch this time of year thanks to great songs, Boris Karloff’s narration and a

heartwarming story about how important the Christmas spirit is.

**4. “Rudolph the Red Nosed Reindeer” (1964)**

Famous musician Burl Ives tells the story about famous misfits. This story really is one of the great coming of age stories that shows that even though you may not be well liked or treated as an outcast, you can still do a lot of good in the world.

**3. “Santa Claus is Comin’ to Town” (1970)**

This 50 min special really does a lot despite a shorter runtime. This special shows how Santa began delivering toys to all the kids who were nice. The show has so many catchy songs as well as great side characters like the future Mrs. Claus that really make this a fun watch each Christmas season.

**2. “The Little Drummer Boy” (1968)**


Aaron is a boy, who sees who seems fed up with humanity, but

when he finds baby Jesus in a manger, Aaron has newfound sense of hope. This historical fiction tale reminds me of great classics like “Ben-Hur” (1959) where a protagonist is a witness to a big historic event, and their lives are changed because of it.

1. “A Charlie Brown Christmas” (1965)

Poor Charlie Brown seems depressed. He finds that Christmas is being way too commercialized. Charlie may have his world changed when an opportunity arises to direct a Christmas program to share the true meaning of Christmas. The jazz soundtrack is a timeless classic with over four million records sold in the United States. The jokes all work perfectly. The storyline is impressively relatable with how Charlie Brown feels towards the holiday.


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