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L-E-M and North Border face off in girls hoops
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The BORDERLAND PRESS

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Friday, January 12, 2024

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Weather:

Jan. 12	Jan. 13	Jan. 14
		
-6/-13	-10/-19	-12/-16

Judge selects legislative district map in tribal voting rights case

3 North Dakota districts will change for the 2024 election
By Jeff Beach | NORTH DAKOTA MONITOR | northdakotamonitor.com

A federal judge has taken the task of drawing legislative district lines away from North Dakota lawmakers and into his own hands to ensure tribes get fair representation.

U.S. District Judge Peter Welte on Monday ruled that a redistricting plan known as Map 2 from a previous ruling will be used for the 2024 election, putting the Turtle Mountain Band of Chippewa Indians and the Spirit Lake Nation in the same legislative district. The tribes had sued the state, arguing that the legislative maps drawn in 2021 violated the Voting Rights Act by not putting the Turtle Mountain and Spirit Lake reservations in the same district, thus diluting the voting power of Native Americans.

Welte on Nov. 17 ruled in favor of the tribes, giving the Legislature until Dec. 22 to come up with a redistricting plan that would comply with the Voting Rights Act. Legislators missed that deadline, prompting Welte to choose from one of two maps included as options in his ruling.

It is now up to the North Dakota Secretary of State Michael Howe to com-

In written testimony to the Legislature's Redistricting Committee, tribal leaders said state Sen. Richard Marcelais of Belcourt lost reelection in 2022 because of racial bloc voting in Towner and Cavalier counties after legislative district lines were redrawn in 2021.

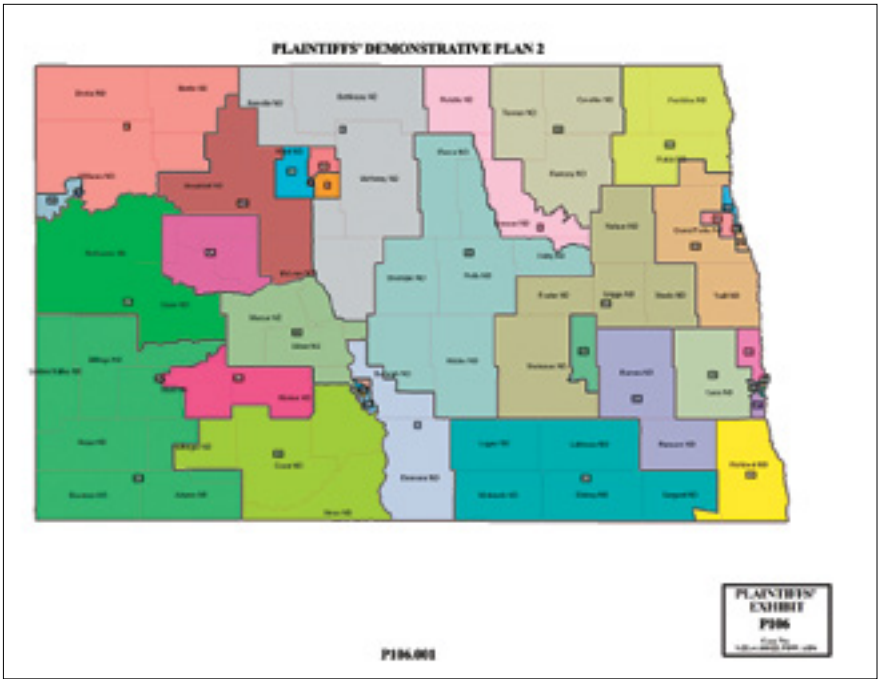
Turtle Mountain Chairman Jamie Azure and Spirit Lake Chairwoman Lonna Street said Native American voters in northeastern North Dakota should have the fair opportunity to elect two representatives and a senator. "A unified district that combines Rolette and Benson Counties — and thus the Turtle Mountain and Spirit Lake reservations — achieves that legal requirement."

Both maps in the judge's order connect the two reservations with a corridor of land between.

The Turtle Mountain Reservation had been given its own subdistrict, District 9A, in 2021. Spirit Lake was within District 15.

Map options

Map 2, specified in Welte's order, af-



ply. However, his office has filed an appeal of Welte's ruling with the Eighth District Court of Appeals. Howe did not immediately respond to a request for comment Monday.

"The time has come for the Legislature and the Secretary of State to stop spending taxpayer dollars litigating against fair maps in North Dakota," attorney Tim Purdon, who represents the tribes, said in a statement to the North Dakota Monitor.

fects Districts 9, 15 and 14. Welte's order said the map fits the population requirements and aligns with traditional redistricting principles.

Map 1 would have affected Districts 9, 15, 14 and 29. Redistricting Committee Chairman Sen. Ron Sorvaag, R-Fargo, was critical of the map for splitting Rolla, in Rolette County, away from Turtle Mountain, even though Census data showed more than 500 Native Americans in Rolla and it had

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Typical January weather emerges, plunges the Borderland into the deep freeze

By Nick Vorlage

After an abnormally warm start to winter, northeast North Dakota, southern Manitoba and the surrounding region spent the week preparing for the first severe cold snap of the season. According to Austin Perroux, meteorologist with the Grand Forks National Weather Service office, the front will be rolling into our coverage area Wednesday and Thursday, while this newspaper is on the press, bringing with it wind, snow, and hazardous, possibly dangerous wind chills.

"Kind of in that -20 to -40 range, especially up in Cavalier County, it's going to be much colder, especially in the higher elevations relative to the Red River Valley. That's where you'll

see those -35s and -40s - kind of in that dangerous range where frostbite can occur in as little as five to 10 minutes," Perroux said.

Perroux said the exact timetable of this cold snap is still unknown, but it is going to linger.

"You can probably project to at least the weekend and into early next week," he said. "It's a little bit uncertain for how long exactly it's going to last, but at least expect it through Tuesday before we see any improvement."

He also clarifies that despite this cold snap, we're not done with the El Nino weather pattern yet.

"We're still expecting El Nino to continue through the remainder of the winter. The latest Climate Prediction Center outlook - there is favorability to transition into enso neutral. Kind of moving away from El Nino but not quite La Nina-type patterns. As of right now, at least through the winter, expect those El Nino-type conditions."

FROST FIRE PARK reaches new heights

Park tops 300 skiers and snowboarders and prepares to open final two runs, milestones that haven't been reached in more than a decade

By Sarah Hinnenkamp



Photo by Jonathan Coffman.

On Jan. 2, Frost Fire Park posted a photo to its Facebook page of a full chair lift taking skiers and snowboarders to the top of the hill. It received a lot of love in the comment section, and it was a milestone for those working at the park.

"That's the moment that we've all been waiting for," said Patty Gorder, general manager of Frost Fire Park.

During the park's 12-day stretch over the holiday break, the number of skiers and snowboarders on the hill topped 300 on Dec. 28, 30, and Jan. 1.

"I would say it hasn't happened since 2010 or '12 - in that range," said Pat

Chaput, board member of the Pembina Gorge Foundation, a non-profit which owns and operates the park. "By far, those are the best days since the Foundation took over."

The Pembina Gorge Foundation was founded in late 2016 and purchased Frost Fire from Judith Johnson in June 2017. Dick and Judith Johnson founded Frost Fire in the late 1970s.

In 2014, Pembina Gorge Foundation member Dawn Mandt began working with the Johnsons to develop a transition plan for Frost Fire.

"Seeing the photo of the full chairlift actually brought tears and goosebumps," Mandt said. "I thought, 'We've come a long way baby!'"

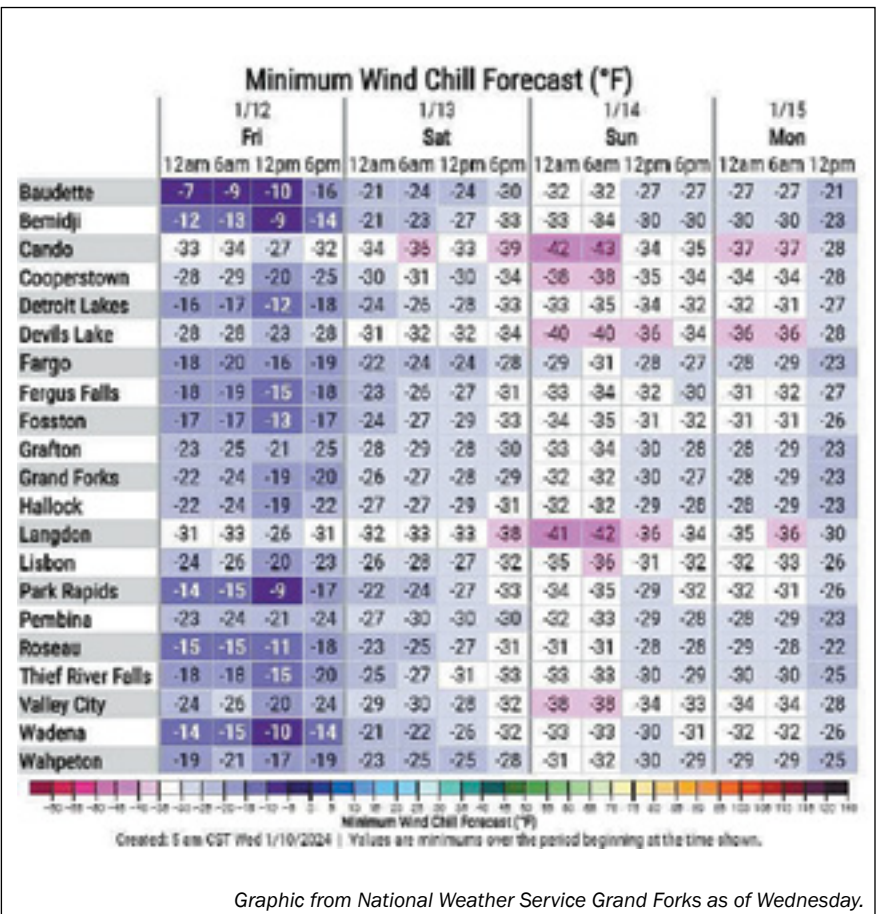
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Graphic from National Weather Service Grand Forks as of Wednesday.



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We are accepting donations to help Langdon native, Garrett Illerbrunn, who was injured in a Christmas Day bombing while serving in Iraq.

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NEIGHBORS HELPING NEIGHBORS

59th annual Met auditions bring international opera to Grand Forks

Grand Forks, N.D.: On Jan. 12 and 13, the North Dakota-Manitoba District of the Metropolitan Opera Laffont Competition takes place in Grand Forks on the University of North Dakota campus. Aspiring young opera singers from all over the world will perform arias from a diverse array of operas live for a panel of operatic experts. The weekend's events include educational, engagement, and social events that are all free and open to the public.

This year's judges will be Natalie Burrows, administrator of the Laffont Competition; Dale Johnson, former Artistic Director of Minnesota Opera; and Allen Perriello, Director of Artistic Administration at Des Moines Metro Opera. The judges will select the ND-MB District winner and may offer encouragement awards to additional promising singers. They will also hold individual mentorship meetings with each singer after the auditions, offering invaluable vocal and career advice.

On Friday, January 12, at 7:00 p.m. at Popplers Music, Mr. Perriello will give a masterclass to promising students from UND and area high schools. The audience is invited at 6:00 p.m. for a reception with light refreshments, at which they can meet the board, performers, and learn more about the Metropolitan Laffont Competition.

On Saturday, Jan. 13, from 10:00 a.m. to 3:00 p.m. in the Josephine Campbell Recital Hall at UND's Hughes Fine Arts Center, 25 aspiring opera singers between ages 20 and 30 will compete to advance to the Upper Midwest Region auditions held in the Twin Cities. Last year's competitors hailed from numerous U.S. states and Canadian provinces, as well as Sweden and the Philippines. This year's field promises to be even more diverse. The audience will have the opportunity to vote for and select an Audience Choice Award winner, whose cash prize is supported by longtime Laffont Competition supporters G. Paul and Barb

N.D. Game and Fish opens Earth Day patch contest

The North Dakota Game and Fish Department's annual Earth Day Patch Contest is, in part, an effort to heighten awareness about the environment in North Dakota and beyond. Students who participate will develop a patch design using five colors incorporating an aspect of Earth Day such as environmental awareness, respect Earth, water quality, wildlife, or habitat conservation in North Dakota.

The contest is open to students in grades K-12. Winners are chosen from three grade categories (K-4, 5-8 and 9-12). Each winner will receive an outdoor kit, which includes a pair of binoculars and field guides. The grand prize patch design winner is chosen from one of the three winning age categories.

In addition, the grand prize winner will have their design displayed on the recognition patch and be featured in North Dakota OUTDOORS and on the Game and Fish website. Contest entry deadline is March 1.

Details about the contest can be found on the department's website at gf.nd.gov. For additional information, contact Sherry Niesar, Earth Day Patch Contest coordinator, at 701-527-3714 or email sniesar@nd.gov.

Garcia, Jr. sentenced in Cavalier County

By Nick Vorlage

In Cavalier County, sentencing was issued on Jan. 4 for Jesse Garcia Jr., 39, a man originally from Fresno, Calif., who was arrested in Langdon in August.

Garcia was sentenced to five years in prison with 135 days served. Once released, he'll be placed on supervised probation for two years. The court also recommended Garcia Jr. obtain a drug and alcohol evaluation while incarcerated.

Discussions of Garcia Jr.'s extradition back to California are ongoing.

On Aug. 23, Cavalier County deputies responded to a disturbance on Langdon's 8th Street, at which time they identified Garcia, Jr., who had outstanding warrants in Fresno, including two charges of assault with a deadly weapon. Garcia, Jr. was arrested and was also discovered to be in possession of methamphetamine.

On December 28, Garcia, Jr. pleaded guilty to meth possession and a second offense of being in violation of a foreign protection order.

Larson.

Also on Saturday from 12:30-1:30 p.m. there will be a panel discussion featuring competitors and moderated by Curt Olds, the new general director of the Fargo Moorhead Opera. Audience members will have the opportunity to learn about the opera industry, the career of an opera singer, and the future of the art form, as well as to ask questions of Mr. Olds and the young artists. Light refreshments will be provided.

SCHEDULE

Friday, January 12
Popplers Music, 1726 S Washington St, Grand Forks
• 6:00 p.m. Social Hour
• 7:00-9:00 p.m. Allen Perriello Masterclass

Saturday, January 13
Josephine Campbell Recital Hall, Hughes Fine Arts Center, UND 3350 Campus Rd, Grand Forks, ND 58202
• 10:00-12:30 p.m. Auditions
• 12:30-1:30 p.m. Panel Discussion with Artists and Curt Olds
• 1:30-3:00 p.m. Auditions
• 3:30 p.m. Awards Ceremony

The ND-MB District of the Met Opera Laffont Competition produces a day-long concert/ competition for aspiring opera singers between ages 20 and 30. International opera professional judges share their expertise with the performers and our community. The organization presents masterclasses, panel discussions, and other programming that connects audiences, local businesses, and community partners with one another. The ND-MB District Met Opera Laffont Competition is one of the only producers of live opera music in Grand Forks. Events are always free and open to the public. Volunteers and financial supporters can visit www.ndmbmetopera.org/support-us to learn how to help.

Dennis Thronset, Langdon Icon, passes away

By Borderland Press Staff



Left: Dennis Thronset, pictured with Chris Berman, and Jake Kulland.

Langdon is mourning the loss of Dennis Thronset, longtime Langdon educator, coach and historian. Thronset taught physical education and then was the principal at the Langdon Elementary School until retiring in 2000 due to health reasons. He coached various high school sports, including girls basketball, taking teams to the state tournament six years in a row, and was named NDHSCA Coach of the Year in 1983.

Thronset passed away at age of 74 on Thursday, Jan. 4 at Langdon Prairie Health with his family at his side. A memorial service will be held at 7:00 p.m. on Friday, Jan. 19 at St. Alphonsus Church in Langdon with visitation starting at 5:00 p.m. The family wants everyone to wear their Cardinal, Sioux, or Cubs attire - he loved them all.

Thronset also umped softball and baseball and was a basketball referee. After retirement, he thoroughly enjoyed writing the very popular "This week in Cavalier County Sports History" column, which had several

feature articles on past athletes from around the county for the Cavalier County Republican. He was a 'stats' person with his personal information and would also go with Jake Kulland to sporting events and provide stats for basketball, baseball and football games

and tournaments, while also giving his two cents on the air from time to time.

"For those that don't know, 'Mr. T' was with me on countless road trips covering games, tournaments and pretty much everything sportswise for around 15 years until health issues and COVID forced him to retire," said Jake Kulland, sports editor. "He did some color commentary, helped me tremendously with game stats, and did tireless research for upcoming games and tourneys, which he truly loved to do."

Dennis felt it was important to be involved in the community and to be an advocate for education and kids. He was a former member of CCJ-DA Board, Food Pantry Board, Park Board, and DVAC Board; was the men's golf league secretary at the Langdon Country Club; and belonged to various local, state, and national school-related committees. He was a former secretary, past president and member of Langdon Eagles Aerie #3454. He was honored to be inducted into the LASD Educators' Hall of



Fame, awarded the 2009 North Dakota Community Leadership Award, and inducted into the 2018 Dakota State Eagles Hall of Fame (the only person from Langdon Aerie #3454 to be in the hall). He volunteered for Meals-On-Wheels, helped with the county spelling bee and county elections, and was the PA announcer at various high school sporting events.

This week's "Coaches Corner" show on KNDK AM 1080 will be a "Tribute to Thronny" in the 11 o' clock hour, featuring some of his former fellow coaches, players and referees, plus more. The show is hosted by Jake Kulland and will begin at 10:00 a.m. on KNDK 1080 on Saturday, Jan. 13. You also hear the show online at my-borderland.com, or by using the My-Borderland App.

Read more about Dennis Thronset in his full obituary in this week's newspaper.

Free lunchtime webinar explores "Rural Transformations: The Changing Rural Narrative"

The Rendezvous Region Tourism Council invites the public to join a lunchtime webinar that delves into the dynamic topic of rural transformations. Titled "Rural Transformations: The Changing Rural Narrative," this free virtual event promises an insightful discussion about the evolution of rural areas. The webinar will run from Noon to 1:00 p.m. on Jan. 16.

Event Highlights:

1) Transformational Insights: Attendees will gain valuable insights into the ongoing and past transformations shaping rural communities. The webinar aims to shed light on the challenges, opportunities, and unique stories that define the changing narrative of rural regions.

2) Rural Overview by Ben Winchester: Ben Winchester, rural sociologist with the University of Minnesota Extension, previously delivered a compelling presentation at the Annual Rendezvous Event, which can be viewed here (<https://youtu.be/bQULZRmPcJA>). The webinar serves as a follow-up to this presentation with Ben offering a quick overview during the event for those who may not have had the opportunity to watch the full presentation.

3) Best of the Rendezvous Region Contest Recap: The event will feature a summary of the Best of the Rendezvous Region contest, highlighting the remarkable initiatives and achievements within the region.

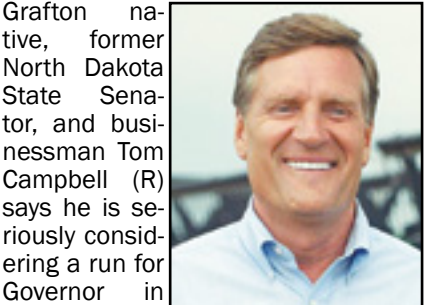
4) Panel Discussion - Newcomers to North Dakota: A key feature of the webinar is a panel discussion featuring three distinguished speakers – Jeremy Ratliff, Melinda Padilla Lynch, and Kat Mayfield. Each panelist brings a unique story of their journey to North Dakota, providing diverse perspectives on the appeal and opportunities found in rural settings.

Event Registration: To be a part of this enriching experience, register at this link (https://umn.qualtrics.com/jfe/form/SV_eWB6RTfnFhx64u). Additional information and updates can be found on the Rendezvous Region Facebook page and the "Rural Transformations: The Changing Rural Narrative Webinar" Facebook event page.

Area businessman mulling run for Governor

Campbell says he'll make decision within a month

By Mike Alan Steinfeldt



Tom Campbell. Photo courtesy Tom Campbell's verified Facebook page.

"I've been involved in politics for the last part of my life with the six years in the Senate, and I enjoy helping people, and it's something I've always wanted to do," Campbell said of a run for the governorship.

Campbell said that he felt "bullied

out" when he attempted to run for the U.S. Senate then U.S House of Representatives in 2018.

In 2017, Campbell announced his candidacy for the United States Senate seat, then held by Democrat Heidi Heitkamp. He withdrew when Kevin Cramer entered the senate race. Campbell then announced a run for Cramer's vacant house seat but did not receive the Republican endorsement at the state party convention in April of 2018.

Despite that treatment, Campbell said he wouldn't consider running as an Independent.

"No, not at all. I'm a conservative Republican, and I would run as that," he said. "I'm just not sure if I'm going to go to the [Republican] convention. I just want to see first who all will be involved in the race. I've been a strong Republican my whole life, and I always will be, and a lot of Republicans have supported me."

Governor Burgum is currently finishing up his second term as governor. In last November's election, North Dakota voters approved a measure to limit the governor and state legislators to eight years of service, although Burgum would be "grandfathered in" and allowed to run for a third term if he wishes.

Campbell said if he decides to jump into the gubernatorial race that he would do so, even if Burgum decides

to run for a third term.

"People just want to move on," Campbell said, referring to Burgum. "Eight years is enough, and I think I have an opportunity to maybe run, and I've had several people encourage me to run."

Campbell served District 19 in the North Dakota Senate from 2013 to 2018. He said his campaign would follow a simple formula.

"It would be people over politics," he said. "I'll be a man of the people, support them, hear them and listen to them."

Campbell identified the workforce shortage and a housing shortage, two key state issues which play hand in hand, as two issues he would address as governor.

He said the property tax is also something he would attempt to address and said he might be in favor of a cap on the tax instead of eliminating it completely, like a proposed measure would if it could gain enough signatures to be put on the 2024 ballot and pass.

Campbell said he will make a final decision on his run for governor in the next month or so.

"I'm almost certain I'm going to be running," he said. " I just have to make a couple of decisions. I would say it's probably better than a 70/30 chance that I'll be running."

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Unity Medical Center in Grafton is GROWING at an impressive rate and is seeking new team members across multiple departments. Unity is an award-winning, independent healthcare organization that offers a positive culture with flexible work schedules, competitive pay and benefits, and staff celebrations for work well done.

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January 12 - 15

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January 19 - 22

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RED RIVER FARM NETWORK

Reporting Agriculture's Business

Just-in-time delivery influenced by Red Sea conflict – With security issues on the Red Sea, major shippers are rerouting around the southern tip of Africa. NDSU Extension Crops Economist Frayne Olson is watching freight rates shoot higher. Shipping delays are happening. “A lot of the buyers are just-in-time delivery people,” said Olson. “They don’t want to pay for a lot of high inventory costs, so they count on a very reliable supply chain to deliver their product on time and at a reasonable price.” A common route for container ships is through the Mediterranean Sea and Suez Canal to China. That has changed for the short term with the conflict on the Red Sea. Olson says that creates opportunities for shipments out of the Pacific Northwest.

Russian wheat has weighed down global markets – North Dakota Wheat Commission Policy and Marketing Director Jim Peterson describes the current markets as “sluggish and a little fatigued.” During his appearance at the Lake Region Extension Roundup, Peterson said domestic and export demand for spring wheat is decent. “The big gorilla in the room is the incredibly cheap Russian wheat prices that set the floor for everything.” This fall, U.S. spring

wheat had a \$3 per bushel premium to Russian wheat for a comparable quality. That has narrowed closer to a \$2 per bushel premium. Peterson remains optimistic, “With the conflict in the Middle East, I think there’s going to be some customers who will look to spread out their sourcing so they don’t get caught short.”

A message of resiliency – Farming and ranching is a cyclical business and financial challenges are inevitable. NDSU Vice President of Agricultural Affairs Greg Lardy offered a message of resilience during his address at the Lake Region Extension Roundup. “I think it is really important for our audience to understand some of the foundational components around resiliency and how we best go about bouncing back from those adversities and challenges that we’re going to face; we don’t know when, but they’re going to come our way.” The presentation emphasized the importance of relationships and the ability to find gratitude in our daily lives. “Growing up, my mother suffered from depression and other mental illness challenges,” shared Lardy. “Being able to ask for and get the help you need for those sorts of things is really, really important.”

North Dakota Stockmen’s Foundation to award scholarships in 2024

THE NORTH DAKOTA STOCKMEN’S FOUNDATION (NDSF) is offering 10 scholarships in 2024. The application deadline for each is March 1.

The offering includes the following scholarships:
Endowment Scholarship - The NDSF Endowment Scholarship is given to a student majoring in animal science, range science, pre-vet, agribusiness, ag communications, farm and ranch management or another beef-related discipline at a North Dakota college or university.

Students eligible for this scholarship must:
1) Be residents of North Dakota;
2) At the time of application, be a high school senior, a college freshman, sophomore or junior majoring or intending to major in one of the areas listed above;
3) Have an interest in the beef cattle industry of North Dakota;
4) Be a member or a child of a member of the North Dakota Stockmen’s Association (NDSA);
5) Submit a completed application to the NDSF; and
6) Have a grade-point average of 2.0 or greater.

LEGACY SCHOLARSHIP - The NDSF Legacy Scholarship is given to a student who is studying any discipline and is interested in the livestock industry.

Students eligible for this scholarship must:
1) At the time of application, be a high school senior, a college freshman, sophomore or junior;
2) Have an interest in the state’s beef cattle industry;
3) Be a member or a child of a member of the NDSA;
4) Have a grade-point average of 2.0 or greater; and
5) Submit a completed application to the NDSF.

TOKACH ANGUS RANCH MEMORIAL SCHOLARSHIP - The NDSF Tokach Angus Ranch Memorial Scholarship is given to a student majoring in animal science, range science, pre-vet, agribusiness, ag communications, farm and ranch management or another beef-related discipline. It honors the memory of the late Richard M. Tokach of St. Anthony, N.D. Preference is given to students who have completed their bachelor’s degree and are pursuing a graduate education or professional school.

2024 Field to Fork webinar schedule set

NDSU Extension's Field to Fork webinars provide information about growing, preserving and preparing specialty-crop fruits and vegetables safely.

By NDSU Extension

North Dakota State University Extension will host the ninth annual Field to Fork “Wednesday Webinar series Feb. 21 through May 1. The webinars will be held online from 2 to 3 p.m. Central. Experts from across the region will provide information about growing, preserving and preparing specialty-crop fruits and vegetables safely.

The webinars are free but preregistration is required. Register at the NDSU Extension Field to Fork webpage (www.ag.ndsu.edu/fieldtofork). Participants will receive email reminders each week. If participants are unable to attend, the webinars will be archived for later viewing; however, participating in the live webinar allows participants to interact with the presenter.

“These online educational sessions have continued to grow in popularity from the time we launched them in 2016,” says Julie Garden-Robinson, NDSU Extension food and nutrition specialist. “This is an ongoing collaborative effort with the North Central Food Safety Extension Network. We are able to include NDSU Extension

experts as well as regional experts.”

Topics that will be covered:

- Feb. 21:** How to Create Beautiful Flowerbeds and Landscapes Good Enough to Eat – Don Kinzler, horticulture Extension agent, NDSU
- Feb. 28:** Gardening with Arthritis and Pain – Esther McGinnis, associate professor and Extension horticulturist, NDSU
- March 6:** Understanding Product Dating: Food Safety vs. Food Quality – Bryon Chaves, assistant professor and Extension specialist, University of Nebraska – Lincoln
- March 13:** Spuddles, Vader Tots and Small Fries: Let’s Talk Potatoes! – Susie Thompson, associate professor, NDSU
- March 20:** Tips for Preserving the Bounty of the Harvest – Barb Ingham, professor and food safety Extension specialist, University of Wisconsin Madison
- March 27:** How to Grow Garlic and Other Alliums – Harlene Hatterman Valenti, professor, NDSU
- April 3:** Being Creative and Safe with Fruit and Vegetable Preparation and Storage – Julie Garden-Robinson,

professor and Extension food and nutrition specialist, NDSU

- April 10:** Play it Safe! Safe Changes to Tested Canning Recipes – Karen Blakeslee, Extension associate, Kansas State University
- April 17:** The Role of Bees in my Fruit and Vegetable Gardens – Janet Knodel, professor and Extension entomologist, NDSU
- April 24:** Making Nature at Home in Your Landscape – Carrie Knutson, horticulture Extension agent, NDSU
- May 1:** Growing Produce Safely for Consumption, Sales or Donations – Londa Nwadike, Extension associate professor, Kansas State University and University of Missouri

This project is made possible with funding from the U.S. Department of Agriculture’s Agricultural Marketing Service.

To register, visit NDSU Extension’s website at www.ag.ndsu.edu/fieldtofork or contact Garden-Robinson at 701-231-7187 or julie.garden-robinson@ndsu.edu.



The NDSU Extension Field to Fork webinar series will provide information about growing, preserving and preparing specialty-crop fruits and vegetables safely. Pixabay photo.

Evolution Ag Summit set for Feb. 20

JAMESTOWN, N.D. – North Dakota Farmers Union is set to host the Evolution Ag Summit: The Carbon Conundrum 2.0 on Feb. 20 in Jamestown. The one-day event is focused on soil carbon management and incentives for farmers and ranchers to implement carbon reduction practices on their farm or ranch.

“Efforts to reduce carbon emissions are impacting food and agricultural markets right now. It’s important for farmers and ranchers to understand how those initiatives could create new opportunities for their operations,”

said North Dakota Farmers Union President Mark Watne. “Our objective with the Evolution Ag Summit is to connect industry leaders with producers, so all have a deeper understanding of programs and carbon-reduction initiatives.”

Speakers at the event include representatives from ADM, CHS, the ethanol industry, NDSU, the U.S. Roundtable for Sustainable Beef and more. Rob Sharkey, The SharkFarmer, will keynote the summit.

Discussion topics include “putting a

price on carbon,” food and agribusiness perspectives on carbon sequestration, sustainability at the farm level, and incentives and opportunities for farmers and ranchers.

The event is from 9 a.m. to 3 p.m. at the Farmers Union state office in Jamestown. Cost is \$30 to attend. Prior to the summit, Farmers Union is hosting a free webinar titled “Carbon 101” on Feb. 12 at Noon. To register for both events, go to ndfu.org/evolutionag.



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JOHN DEERE

Letter from the Publisher



I've been bothered by something lately but I haven't been able to put my finger on it until today. I'm bothered by January. In my mind, I have a list of many reasons why, and then I ran across this list - it spoke to me. It was

a bit naughty, so I adapted it to apply more to me, the not naughty one.

- 1. A thick layer of clouds has descended upon us and won't go away. Perpetual cloudiness bothers me for sure.
- 2. When it gets dark so early I just want to go to bed. That never works out, of course, because then you wake up so early and, guess what? It's dark.
- 3. The trees are ugly unless they're covered in frost. That means ice, and you'll have plenty of time to appreciate looking at them because you can't leave the house.
- 4. The roads are bad. Cats may have

9 lives but most of us only have one. Those of us with one don't appreciate the folks on the road that believe they have nine!

- 5. No Christmas lights are on. They're still up there on the gutters, but by now the wind has had its way with them and they're kinda scary looking when the wind blows after dark. And the reindeer look like they're going to jump out into the street at any moment.
- 6. It's just too cold. Writing any more on that will make me tear up.
- 7. The parties are over, and it gets boring. Not that I enjoy some kind of awesome nightlife, but when else can you dress up in sequence and leather

and make your hair really big?

- 8. I'm not outdoorsy in the winter. I like it indoors by the fireplace with friends and a glass of wine.
- 9. Our cars are only drivable if they're warmed up. If I was making a list of good things in January, my auto start would be on that list. Iced up windows and ice clunking underneath my car are on this list.
- 10. After all the goodies we enjoyed in December, we must pay for it now. Everyone is dieting and hangry, crunching cold vegetables, washing them down with water while standing at the window, watching the guy across the street spin his tires on the ice, throwing up rocks at their windows. I

experienced this some time ago and consoled myself with pie.

You have to take the bad with the good, right? I have a lot of good in my life everyday, so I'll be just fine. You, our readers, contribute to that! Stay warm and safe unless you're a snow bird, then just stay safe, and try not to choke on a baby carrot.

Please continue to keep Garrett Illerbrunn in your prayers, and check out FM Bank's ad on the front page of this paper. Neighbors helping neighbors - I like that!

Happy January!
Diane Simmons
Publisher
publisher@theborderlandpress.com

Letter from the Editor



As you saw the calendar flip to January, were you just waiting for a proper North Dakota winter to pop in?

I had heard multiple people say they were just waiting for a little extra from Mother Nature. We couldn't hold on to such mild conditions for too long, right?

Well, here it is. According to the National Weather Service, Cavalier County will get the brunt of the cold these next few days due to our higher elevation compared to the Red River Valley. Dig out those wool socks, sweaters, thicker hats, warmer mittens, and let's move through a January like we're used to doing.

Lucky for you, in her column this week Sara Goodman shares a crockpot

soup recipe and her famous Beer Bread recipe. The smell of that comfort food simmering and baking in the kitchen will be amazing. I can't wait to make them.

It seems that the obsession of the Stanley cups is everywhere lately. I was interested to see the story about marketing behind their newfound popularity. I was talking to my mom about it the other day, and she listed all the men in the family who had Stanley cups decades ago, including my dad, my grandpas, and my great-grandpas. It makes sense. It was "the" cup, and it kept the coffee hot. It's been doing that for more than

100 years. Now the company has now found a new market - women who want to stay hydrated and/or caffeinated. The stylish cups come in a variety of colors, and they would have you believe they make the water taste like magic. Kudos to them for figuring out a different avenue.

As I was finishing up this column, I received a package at my door. A dear friend shipped me a Christmas present, and wouldn't you know it, it's a Stanley cup! I can't wait to put some water in it and see how cold it stays. In my thank you to her, I said I had never been one of the cool kids, but here I am now, living the dream. She

is so thoughtful, and I am grateful for the gift, but I am more grateful for her friendship. Really, I am super picky about the temperature of my water - it has to stay cold - so this is perfect.

This is it kids, we're in the deep freeze. Dig out those comfort food recipes, shovel in some hotdish to stay warm, and make it a good week.

Happy New Year!
Sarah Hinnenkamp
Editor
editor@theborderlandpress.com

THE MORNING RUN: Soup season



By Sara Goodman

I hope it's not too soon for another soup recipe. It's that time of year, you know! Winter is finally here in the form of sub-zero temps and big snowflakes falling, and all I can manage to come up with for meal ideas for my family is a handful of my favorite soup recipes. It's also apparently head cold season, because I have managed to catch another virus. I'm positive this one is courtesy of my freshman col-

lege kid who likes to cough and hack his DNA all over the house when he's home. Funny how generous kids can be sometimes.

I've been sniffing, congested, and coughing for about a week, and because I like to overshare things, I also get bloody noses constantly now from all the nose blowing. I've gotten bloody noses very easily since I was a kid, and it doesn't take much to get it flowing. Sometimes if I walk or run outside when it's cold, it will just start going. I've learned to never leave home without a sleeve or pocket full of Kleenex or toilet paper. I'm just making you aware in case you catch me with a wad of tissue up my nose in the grocery store.

Now that you've learned more fun facts about me than you really cared to know, I'll share a favorite soup recipe. One thing I've learned about my cooking habits over the years is that I need a recipe to be easy or it's probably not going to make its way into my

archives. Sometimes I do get ambitious and tackle a more time-consuming recipe, but I generally stick to the ones that are about a 15-20-minute prep. I also love my crockpot, and while I know there are better and newer devices and methods of cooking, I'm not willing to invest my money, time, and brainpower into learning anything new right now. I stick to what I know and that's my trusty old crockpot. This recipe is so good and so easy you'll definitely be adding it to your winter soup season rotation.

Crockpot Chicken Wild Rice Soup
1 lb boneless skinless chicken breasts
1 cup wild rice, uncooked (I love the Lundberg brand)
3 medium carrots peeled and sliced
1 medium onion
3 stalks celery, chopped
8 oz container baby bell mushrooms, chopped
4 cloves garlic, minced
2 bay leaves
4 c chicken broth

2 c water
1 tsp dried rosemary
2 tsp parsley
1 tsp garlic powder
1 tsp thyme
½ Tbsp salt
½ Tbsp pepper
4 Tbsp butter
3 Tbsp flour
2 cups half and half

In a crockpot - add the chicken, rice, carrots, onions, celery, mushrooms, garlic, bay leaves, chicken broth, water, rosemary, parsley, garlic powder, thyme, salt and pepper. Cover and cook on low for 6-8 hours or high for 4-5 hours. Remove the chicken and shred then return it to the crockpot. In a saute pan on medium heat, melt the butter, and then whisk in the flour mixing for about 1 minute until it's light brown. Slowly whisk in the half and half and continue to whisk until it starts to thicken. Add this mixture to the crockpot and stir until blended. This is best served with my beer bread recipe, and if you missed that the first

time around (and I know some of you did!) here it is again. Mix together 3 cups all-purpose flour, 1 Tbsp baking powder, 1 tsp salt, 5 Tbsp honey and a 12 oz can of your favorite beer. Spray the sides of a 9x5 loaf pan then melt 4 Tbsp of butter and pour half in the bottom of the pan. Add the bread mixture on top of the butter then pour the rest of the butter on top of the bread mixture. Bake for 45-50 minutes in a 350 F oven until it's golden brown and a toothpick comes out clean. Cool for about 10 minutes before slicing. Enjoy!

Sara Goodman is an avid runner who says her best ideas come to her between 5:30 and 6:30 a.m. She grew up on a cattle ranch in Watford City, N.D. After recently retiring from 15 years of long-term care consulting, she now helps her husband, Greg, run the family farm near Milton and volunteers on many boards and committees in her church and community. The Goodman house has three kids, school cats, and a dog.

Musings from Munich: Whine time



Hoping you had a good start to your New Year, as mine is off to a rocky one. Every year brings new challenges and surprises, but I was hoping for the challenges to come a little later in the year. I was hoping for a quick resurrection after my December with me getting last place in the Cheese-cake competition and all, but I've got-

ta shake the tree a little bit here and get back on the horse of this being a new year.

First off, a spectacular prank of mine was overlooked this week, and it really fell apart at the seams. We have a school board meeting the same time every month and knowing how punctual Kelly Hall is, I thought I'd mess with him. So I donned my green "Juicy" bikini thong and raced to his farmstead. Knowing that he would leave at 6:45 to make the meeting, my plan was to act like a jogger and really give him an eyeful. Well, it turns out that it happened to be -10 outside that morning with a heavy fog. I needed to make sure it was him I was flashing as I didn't want to get in a situation like last year. I waited until I saw his vehicle leave the farm and raced about three miles ahead of him to spring the trap. I ripped off my clothes except

my hat, running shoes, and bikini; as soon as he came closer, I started a jogging pace and took off along the side of the road. He passed me, I waved, then I sprinted back to my pickup to make my get-a-way...then I waited...and waited. Nothing. Not a text, not a call, even when I caught up to him at the elevator...nothing. Finally, I said to him, "I saw you on my morning jog today" and finally I got a "IS THAT WTF THAT WAS". Here he was so concerned about a vehicle being pulled over in such adverse conditions, that he just saw a white and green glob, and it didn't register. Just such a perfect prank...wasted.

Secondly, as much as I love watching my sons play sports, seating at basketball games is the absolute worst. I sit on those dang bleachers for three hours and then try and stand up and about have a stroke. Nothing could be

worse on a battered down body than sitting on planks of wood. Then when I go to whine about it, my 70-year-old mother-in-law is sitting beside me on track for a hip replacement in April - grimacing but not whining. I mention my discomfort to my wife, and she politely turns to me and calls me a pu**. So, no sympathy there.

Lastly, on the 21st of January is our homemade soup competition, so I tried one of mine out on the family. Let's just say they ate 90% crack-

ers and 10% soup as my recipes are not winning any accolades at home; I know they will not win at the competition. So it is back to the drawing board and my struggle to find a recipe or idea to get me on the infamous Munich Wall of Champions.

Matt Mitzel is the unofficial events coordinator for Munich, a supporter of Langdon-Edmore-Munich athletics, football coach, and all-around Munich mega fan, earning him the nickname "Mr. Munich."



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Pembilier Nursing Center update: recent highlights

By Heather Duerre, Activity Director/ Spiritual Coordinator



Hello from all of us at PNC! The residents have been busy as usual the last few weeks. Here are some of the highlights:

Beach Ball Bash - The residents sit around in a circle, and a beach ball is tossed into the mix. The residents take turns whacking the ball around the circle at each other. I have found that this is both a physical and therapeutic activity. It gives the residents some exercise that focuses on their arm muscles and occasionally leg muscles (sometimes when things get out of hand, an occasional kick of the ball is needed). This activity can also be therapeutic, because it allows the residents to take out aggressive feelings that they may be harboring. They can easily do this during beach ball bash without seriously hurting another person. Let's be real, we all have those days where bashing a beach ball at another person is very tempting, and this activity gives residents the opportunity to do just that.

Bible Study - We are fortunate to have Deacon Keith Due come Wednesday afternoons to lead a non-denominational bible study. He brings his witty humor and bible to have a discussion with the residents that choose to attend. Although I know they look forward to the in-depth discussion each week, I do think there are a few ladies that simply attend because "that guy who comes is so young and handsome!" I wonder if that's why I tend to smell more perfume in the halls on Wednesday???

Remembrance Service - When someone comes to live at PNC, they really do become family to us. Therefore, we believe it's only fitting that we take a moment to recognize the impact they had on our lives. The remembrance service was a time for the residents to gather and remember/honor those residents who passed away during 2023. We began with a short prayer followed by reading the names of each resident that died the past year. Then, the opportunity was given to any resident that wanted to share a memory or story.

Bingo Bonanza - This was an entire day dedicated to the magnificent game of BINGO! We played bingo at 10am, 1:30pm, and 3:00pm. We spiced things up by adding non-traditional prizes like stuffed animals, faux

plants in adorable little pots, snacks, etc. The extra exciting prize was the last prize of the day given to the winner of blackout. No, the prize wasn't an afternoon spent one-on-one with me; it was even better than that... it was \$20! You read that right - it was a big whopping 20 dollars!!! To put that into perspective, whoever won would have the ability to buy 40 pops from our pop machine. That's a lot of Dr. Pepper or whatever other kind of pop tickles your fancy.

Golden Girls and Mocktails - What could be better than watching the antics of Sophia, Dorothy, Blanche, and Rose while drinking fancy non-al-

coholic drinks? While the residents enjoyed listening to Rose tell some of her St. Olaf stories and watching Blanche try to swoon any man around her, we served them mocktails. The mocktail - which I will call "Buechler's Beverage" (named after Kelsey, who created the tasty masterpiece) - was composed of orange juice, cranberry juice, a splash of sprite and an orange slice as garnish. I won't lie, there were a few residents that were disappointed that they weren't legit cocktails, but nonetheless, they enjoyed them thoroughly! One bonus was that since they were mocktails, we didn't have anyone needing to call an uber to get from the activity room to the dining room for supper.

Well, I am off to see what other mischievous shenanigans I can convince the residents to try, so adios for now. I hope you all have a wonderful week!



Post 98 500 Club Winners

Oct.-Dec. 2023

7 Oct	Brian Dettler	Langdon, ND	\$50.00
14 Oct	Tabatha Thorpe	Grand Forks, ND	\$50.00
21 Oct	Jamie Bryn	Dazey, ND	\$50.00
28 Oct	Warren Wenzel	Langdon, ND	\$50.00
4 Nov	Vicki Kubat	Langdon, ND	\$50.00
11 Nov	David Timian	Langdon, ND	\$250.00
(Veterans Day)			
11 Nov	Corissa Tetrault	Langdon, ND	\$50.00
19 Nov	Duane Otto	Langdon, ND	\$50.00
25 Nov	Pam Krivarchka	Langdon, ND	\$50.00
2 Dec	Austin Howatt	Langdon, ND	\$50.00
9 Dec	Kristin Lill	Nekoma, ND	\$50.00
16 Dec	Ray Gustafson	Langdon, ND	\$50.00
23 Dec	Holden Mack	Edmore, ND	\$50.00
30 Dec	Jason Halldorson	Edinberg, ND	\$500.00

Congratulations to all the winners. Thank you to Duane Otto for donating his winnings back to Post 98.

Good luck to all who purchased 500 Club tickets, and thanks for supporting the American Legion.

Have a Happy and Prosperous New Year.

Letter to Editor

To the Editor,
January 15 is Martin Luther King Day. This is not simply a celebration of African American history. It is also a day set aside to celebrate service. Service to our country through the military or the peace corps; service to our communities through emergency services or school board or PTA; service to our neighbors through sharing our time and talent at the school and church; and service to our families through caretaking of the young and old. MLK recognized the value service adds to our communities and how it builds bonds between people.

Dr. King asks us to answer the question, "what are you doing for others?" ND Dem/NPL proudly supports the community service leaders and thanks them for their tireless dedication. We work to create laws that support and reinforce the work that our childcare providers and elder care workers do. We propose laws that provide healthy meals for all children who attend public schools. We conduct fundraisers to support non-profit organizations in our communities, like food pantries and domestic violence programs. Service to others is the fundamental value we bring to the table.

We ask that you take this day to thank those who serve you and your community. Use this opportunity to explore ways you could serve. We all have talents and there are endless organizations looking for your help. Step up and become part of the Beloved Community Dr. King dreamed about. We are Stronger Working Together.

Lynnell Simonson Popowski
D19 Democrat-NPL District Chair
Warsaw, ND

St. Alphonsus School plans events around Catholic Schools Week

St. Alphonsus will hold its Winter Carnival from Noon to 2:00 p.m. on Sunday, Jan. 28. This event serves as a kick off to Catholic Schools Week. There will be games to play and prizes to win. Tickets will be for sale at the door. All are welcome to attend.

There will also be a Knights of Columbus breakfast served from 10:00 a.m. to Noon on Jan. 28.

During the week, the school will host its annual Spaghetti Supper. That will be from 5:00-7:00 p.m. on Wednesday, Jan. 31. A silent auction and family dance will be held during the same time,



Ring toss was one of the games at last year's school carnival. Borderland Press file photo.

and Bingo will be played from 7:00-7:30 p.m. The public is invited to attend these events as well.

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Retrospect: Unibody vs. body on frame

By Steven Ames



Cars come in all different shapes, sizes, and styles, but this week I'm going to focus on the underside or skeleton. A body on frame means that the body and frame are two separate components that are joined together when assembled. The frame consists of two steel rails made from either a box or channel type style. It then is conjoined

by crossmembers to form what looks like a ladder. The body is fastened to the frame with bolts and rubber isolators, which take out road and powertrain noise and give a smooth comfortable ride.

Advantages of a body on frame configuration are less road and powertrain noise, a smooth cushioned ride and if for any reason the body and frame need to be separated for repair - it can be easily done by removing the mounting bolts from the mounting points. Also, body on frame vehicles can haul and tow more due to a full frame. This is why light, medium and heavy-duty trucks use this configuration.

Disadvantages of body on frame construction are after many years of service, the rubber isolators tend to deteriorate and sag causing misaligned body and powertrain components and bolts can come loose after time and cause pitching and body and

frame damage. Also, body on frame configurations do not give good handling characteristics. Severe body roll, nosedive and washout are very noticeable.

The unibody configuration really took off after WWII, and many European cars were built this way. In the U.S., Nash and Hudson were the first U.S. cars built with a unibody configuration. Unibodies are built a lot like an aircraft fuselage - sheet metal is shaped and formed, and stiffeners are used to make it rigid. As a matter of fact, there are 4-5,000 welds in the average unibody. Also, the only frame on a unibody is in the front ending at the passenger compartment. The front frame rails are formed in a jig and spot welded, then another frame that houses the engine/transmission and suspension, also known as a K member, is bolted to the subframe with rubber isolators. The underside of the passenger compartment is smooth and frameless. This is where

many supports are spot welded to the rocker panels and roof pillars for extra rigidity, again, like an aircraft fuselage. The subframe then continues just ahead of the rear axle and ends at the back of the vehicle. The rear suspension is fastened to the rear subframe with bolts and rubber isolators.

Advantages of a unibody are lighter but stronger, easier to build in a factory, lower step in height and handling is much better due because rigidity, body lean, nosedive and washout are greatly reduced. Disadvantages are since there is a partial frame, this configuration is limited when it comes to towing and hauling. Also, unibody vehicles have a lot more road and powertrain noise in the passenger compartment. Many say it's like riding in an older tractor with a cab. As time has progressed, better sound deadening materials were added to the roof, doors and floor pan to deaden vibration and echo. As for corrosion,

it's an even draw. I have seen body on frame vehicles in the salt belt where the frame rails turn to styrofoam, and body mounts will rust away so bad that the body will fall off the frame. In unibodies, I have seen rust so bad that the floor pan will be completely gone almost like a car back in the Flintstones days. I have also seen the rear suspension poke through the trunk area due to the rear subframe rusting away.

The best prevention for this, especially if you live in the salt belt, is weekly washings which include the underside, door jams and all other hidden crevices. Also, if you want to slow down the effects of corrosion to a new or good used vehicle, it is recommended that a treatment such as Ming, Rusty Jones, or undercoating. It won't stop the process, but it will slow it down.

So, until next time, remember to keep the classics classy.

Soil Conservation District Achievement winner recognized



2023 Cavalier County Soil Conservation District Achievement Winner, Barb and Brian Kram.

Brian and Barb Kram have been named the Soil Conservation Achievement Awards Program winners from the Cavalier County Soil Conservation District. They were honored at the 85th Annual Meeting of the North Dakota Association of Soil Conservation Districts held Nov. 13-15, 2023, in Bismarck.

Brian and Barb Kram received a 16 inch by 20 inch framed colored aerial photograph of their farmstead. A photo of the Kram farmstead and family was shown on a large screen to over 600 conservationists attending the annual recognition banquet. A second photograph of the Kram's farmstead has been placed in the traveling Soil Conservation Achievement Awards

Program Exhibit where it will be displayed at the North Dakota State Fair, several agricultural shows and at many shopping centers for the next year. A third photograph has been placed in the Cavalier County Soil Conservation District office "Hall of Fame".

The North Dakota Soil Conservation Achievement Awards Program is a statewide program where each of the 56 Soil Conservation Districts recognize farmers and ranchers who have made an outstanding effort to conserve their valuable soil resource. Soil conservation practices used by Brian and Barb Kram are farmstead windbreaks, practical fertility management, reduced tillage, residue management and strategic grass plantings.

The North Dakota Soil Conservation Achievement Awards Program is sponsored by the North Dakota Newspaper Association, North Dakota State Soil Conservation Committee, North Dakota State University Extension Service, Natural Resources Conservation Service, Farm Service Agency, the North Dakota Association of Soil Conservation Districts and each soil conservation district.

The North Dakota Soil Conservation Achievement Awards Program is the only program of its kind in the nation. It has continued since 1948.

Seasonal fruit

By Katie Henry, Family and Community Wellness Agent, NDSU Extension – Cavalier County



visit <https://snaped.fns.usda.gov/resources/nutrition-education-materials/seasonal-produce-guide> to find more information. This website is amazingly spectacular, because you not only see a list of commonly found produce that are in season, you can click on the fruit or vegetable and find nutrition information, links for recipes, and much more.

Apples and bananas tend to always be in season and readily found in almost any grocery store. This time of year, citrus is also in season. Fresh oranges, grapefruit, and lemons are usually reasonably priced and are a refreshing fruit to add to a recipe or each fresh. Even just cutting or peeling a citrus fruit brings an aromatic joy to the day.

Another fruit that is in season right now is pineapple. I only wish the pineapple plant I planted three years ago would produce a fruit. It all started as a top I chopped off of a pineapple we enjoyed during the Covid pandemic. It has now grown to a huge size and is taking up a lot of space in my house. I would estimate the longest leaf to be about 5 feet long, and many others are not far behind. I have been doing some research and hope that I can get it to produce soon. I'm thinking a combination of extended light with a grow light and some nutrients for the probably depleting soil will do the trick. It has been very easy to grow, and we are looking forward to seeing the process all the way through.

Even if you don't happen to have a pineapple plant taking over a room in your home, you can still enjoy the fruit of choice that will make your mouth water, your joy come alive, and your day better. Just find a fruit that's in season, and add it to your diet. Here is a recipe, courtesy of NDSU Extension, that can brighten a wintery day for you:

Citrus Salsa

Put a little sunshine in your life with our fresh Citrus Salsa. It pairs perfectly with chicken, fish or a side of chips.

Ingredients
1 mango, peeled and diced
1 large grapefruit, peeled, segmented and diced
½ red onion, diced
½ jalapeno, minced
¼ cup cilantro, finely chopped
Juice of 1 lime (approximately 2 tablespoons)
Salt and pepper to taste
Directions
Combine all ingredients in a bowl and stir to combine.
Nutrition & Dietary Information
Makes four servings. Each serving has 60 calories, 0 g fat, 1 g protein, 16 g carbohydrate, 2 g fiber and 0 mg sodium.

There are other recipes to help you find ways to use the in-season fruits on our NDSU Extension website at <https://www.ndsu.edu/agriculture/extension>, or stop in or give me a call at the NDSU Extension office in Cavalier County (256-2560). Email is always available as well (katie.d.henry@ndsu.edu). Remember that even if you don't use a recipe, you can always eat the fruit fresh to get the added boost of nutrition and the sparkling deliciousness on your tastebuds!



Community Announcements

Each week we will highlight an event or happenings at a non-profit that is sponsored by area businesses. This week we are highlighting **Edmore Public School**. This information is brought to you by the sponsors below.



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If your non-profit, group, or civic organization would like to reserve the Community Announcement space, send your information to editor@theborderlandpress.com



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Prairie Fare: Be aware of food allergies and intolerances

Food allergies affect about 11% of adults and 8% of children in the U.S. according to the National Institute of Allergy and Infectious Diseases.

By Julie Garden-Robinson, NDSU Extension food and nutrition specialist



“Mom, do you have that gluten-free chocolate dessert recipe?”

Easy peasy, I thought as I emailed it to her. She was making dessert for some friends.

“Oh, it has eggs in it,” she said. “Do you have a dessert without wheat and eggs?”

Another friend has a milk allergy, she noted. Now dairy ingredients were out of the mix.

This group of friends needs their own dietitian, I thought to myself.

I was thinking sliced fruit with some type of milk-free dip, or baked apples with cinnamon and sugar.

I finally sent a searchable recipe website, where she could eliminate recipes with allergens. If you go to www.allrecipes.com, you can search for “egg free, milk free and wheat free” recipes, by the way.

I am not sure if she made a dessert

after all.

Food allergies affect about 11% of adults and 8% of children in the U.S. according to the National Institute of Allergy and Infectious Diseases.

Nine common allergens are required on ingredient statements on food packages. For example, you will see “contains wheat” (or other allergen) near the nutrition label if it is present. Sesame is the most recent allergen required on food labels. Shellfish, fish, peanuts, tree nuts such as walnuts, eggs, milk, wheat and soy are also required on labels.

Food allergies are a major issue and much more worrisome than food intolerances. A food allergy usually involves the immune system and can lead to hives, itchiness in the mouth, swelling of the lips or face, and/or difficulty breathing. Anaphylaxis can be life threatening.

For those with allergies, their immune system sees the food component, usually a protein, as an invader. The immune system signals the body to release an army of chemicals to fight the invader.

If untreated, anaphylaxis can lead to closure of the throat, shock, loss of consciousness and potentially death. People with allergies usually carry an auto-injector with epinephrine to counteract the physical effects.

Food intolerances usually involve the digestive system. Lactose intolerance means the person lacks the digestive enzyme (lactase) needed to break down the natural sugar in milk (lactose). Lactose intolerance certainly

is not pleasant with its symptoms of gas, bloating and diarrhea, but unlike a milk allergy, the symptoms are not as serious.

We see many foods carrying a “gluten free” designation. People with celiac disease cannot consume gluten, which can be found in wheat, rye and barley. Celiac disease is an autoimmune disease and not an allergy. Most breads, cakes, pies, cereals and beer contain gluten, unless they have “gluten free” noted on the label.

Sometimes, people with allergies to pollen, ragweed or grasses may experience reactions to various fruits, vegetables and spices. For example, if ragweed triggers an allergic reaction, you might also have issues with melons, honey, chamomile tea and bananas.

How do you prepare food for people with allergies or intolerances? First, be aware of the dietary issues and read the food labels carefully. Avoid cross contact of surfaces that have touched the allergens in the kitchen. Clean the counters, pans, cutting boards, measuring equipment and other food contact surfaces to avoid contamination. Wash your hands thoroughly in between preparing foods.

Cook the allergen-free food first to avoid accidentally contaminating foods with the allergenic ingredients. Cover the containers. When inviting guests, label the foods with any allergens.

Often homes and schools adopt an allergen-free menu. If a child cannot have gluten, instituting a gluten-free kitchen at home may be the best solu-

tion. Schools may have a “no-peanut” policy in their lunchroom and classrooms.

Visit with a healthcare provider, especially an allergist, for testing and potential treatment for various allergies. We created and tested many recipes for people with allergies to eggs, pea-



nuts, wheat, soy, milk and shellfish. See www.ag.ndsu.edu/food and navigate to “food safety” then “allergens” to view the fact sheets.

The gluten-free chickpea chocolate cake my daughter requested is found in “Pulses: The Perfect Food” from

NDSU Extension. Here’s a recipe that is wheat-free, egg-free and dairy-free, but it contains nuts:

Honey-peanut Cereal Bars

- ¼ cup granulated sugar
- ½ cup honey
- ½ cup peanut butter
- 3 cups wheat-free cereal (Cheerios, Rice Chex,



Common allergens include wheat, eggs and dairy, which along with six others, must be noted on ingredient statements on food packages. Pixabay photo.

etc.)
½ cup salted peanuts

In a 3-quart saucepan, over medium heat, heat sugar and honey just to boiling, stirring occasionally. Remove from heat. Stir in peanut butter until smooth. Stir in cereal and peanuts until evenly coated. Press evenly in 9-by 9-inch buttered pan, using the buttered back of a spoon. Cool one hour. Cut into four rows by three rows. Store loosely covered.

Makes 12 servings. Each serving has 180 calories, 9 grams (g) fat, 5 g protein, 25 g carbohydrate, 1 g fiber and 130 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.

Praire Doc Perspectives Benefits of pasteurization

By Andrew Ellsworth, M.D.



My father-in-law is a farmer. He grew up on the family farm in southwest Minnesota, where his dad grew up, too. Blessed by fertile soil, the farm has provided for the family for several generations. It is invaluable for my children to experience the farm, see

the crops grow, help with animals, and learn about the cycles of life on the farm.

The farm no longer has cows, but it did at one time. My father-in-law used to milk cows. He remembers they had a pasteurizer. His mother would pour in raw milk. The cream rose to the top, and the milk would have chunks of fat and protein in it, from curdling. He remembers thinking how lucky the townsfolk were, having cartons of smooth milk, without the chunks.

The process of pasteurizing milk was invented by Louis Pasteur over 150 years ago. One of the “fathers” of bacteriology, germ theory, and microbiology, he helped develop sterilization procedures to kill off bacteria. He disproved a common belief at the time in

spontaneous generation, proving that living beings do not spontaneously arise out of nothing. He invented the process of treating milk to stop bacterial contamination, now known as pasteurization, named in his honor.

Rich in nutrients, milk is an excellent medium for growing bacteria. In pasteurization, milk is heated to destroy pathogens like bacteria and spoilage organisms like yeast and molds. This helps to extend the shelf life of milk. Very little nutrients are lost in the process, and often additional good nutrients are added like vitamin D and vitamin A.

Improperly handled raw milk is the leading cause of hospitalization for any food-borne disease source. Pasteurization can help prevent numer-

ous diseases and kills the harmful bacteria Salmonella, Listeria, Yersinia, Campylobacter, Staphylococcus aureus, and Escherichia coli, among others.



As more and more people are further removed from farm life, some people do not know where or how their food is made. Some take for granted the work and steps in getting the food to

the grocery store. It is the pasteurization of milk that allows it to be safely consumed by anyone, far from the farm. Without it, we could be at risk of getting sick from bad milk. Without it, we might not all be able to enjoy the nutritional benefits of milk, helpful for our bones and overall health.

Andrew Ellsworth, M.D. is part of The Prairie Doc® team of physicians and currently practices family medicine in Brookings, South Dakota. Follow The Prairie Doc® at www.prairiedoc.org and on Facebook and Instagram featuring On Call with the Prairie Doc® a medical Q&A show celebrating its 22nd season of health information based on science, built on trust, live on Facebook most Thursdays at 7 p.m. central.

Dakota Gardener: Poinsettia counseling services

Even if you have a green thumb, poinsettias will drop their flowers and the colorful bracts will fade by spring.

By Esther E. McGinnis, Horticulturist, NDSU Extension



Every year 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. Fortu-



nately, tomato varieties are being developed to resist the virus.

The autumn was tremendous in



Even if you have a green thumb, poinsettias will drop their flowers and the colorful bracts will fade by spring. NDSU photo.

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.ag/countyoffice.

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From the Pastor's Desk: Taking time to rest

By Fr. Kurtis Gunwall, Pastor at St. Alphonsus, Langdon, and St. Edward, Nekoma



I have just finished directing a retreat for men in formation (training) to be-

come deacons in the Catholic church. This is my first time directing these seven men and their wives. This retreat began with a potluck dinner Thursday evening at Maryvale Retreat Center in the hills just north of Valley City. The couples settled into their rooms, and we prepared for a quieter few days of conferences, spiritual direction, couples discussions, prayer, meals, and time to rest and be refreshed.

A retreat is time to step away from the average/daily/normal schedule, but it is not a vacation (where we are usually busy doing many things or doing 'nothing'). It is a time to withdraw

from the noisy distractions and responsibilities of the world, turning off screens and alarms, and entering into a special place and time to encounter peace and quiet in God's presence. It is also making time to be with God and be with others seeking God. We seek to encounter God, recommit to God and others, and grow in understanding and faith.

Some 'retreats' are ½ day or full day, which aren't really 'retreats' for most of us since our brain doesn't slow down in that short time to really listen to the Holy Spirit. There are two retreat centers that I have used often in the area - Maryvale in Valley City as well as the Franciscan Retreat Center

in Hankinson. Most retreats offered in the area are weekends (Friday evening-Sunday) and some five or eight day retreats.

I share this with all of you who are reading this for three reasons: 1) Our soul needs care just as our body and mind need basic exercise, good diet and rest; 2) it is humbling to know that our family and the world go on without us for a few days while we get away and 'do' less; 3) God himself calls all people to "be still and know that I am God" by spending some quality time with him.

Thankfully, as a priest, I am "required" to go on retreat every year to let God

take care of me so that I can better take care of others. I encourage you to contact a retreat center and see what they have available - silent or preached retreats for men, women, young adults, couples, and more. May you meet God this year during a retreat. Our parish helps pay for all retreats we promote.

We invite you to join us for a 5 week series "The Mission of the Family" for men and their sons or grandsons (age 16 and older) at 6:45-7:40 a.m. on Friday mornings, Jan 19 & 26, Feb 2, 16 & 23. We will provide a morning breakfast, watch a short video on strengthening the family, and discuss the theme of the week. Join us any week you can and you can also watch them all online at kofc.org/en/campaigns/into-the-breach.html if you can't join us.

AMDG,
Fr. Kurtis Gunwall

Borderland Church Directory:

The Langdon Area Ministerial Association welcomes you to worship in one of our many churches.

**"And this is his commandment, that we believe in the name of his Son Jesus Christ and love one another, just as he has commanded us."
(1 John 3:23)**



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Unitedlangdon.org

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- Fourth Sunday of the month is Contemporary Worship

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Presbyterian Church Of Langdon


(one block West of the Langdon Post Office.)

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Fr Kurtis Gunwall
(all Masses are in Langdon though March)
Saturday, 5:00 pm, St Alphonsus
Sunday, 9:30 am, St Alphonsus

**"And the Word became flesh and dwelt among us, full of grace and truth; we have beheld his glory, glory as of the only Son from the Father."
(John 1:14)**

St. Alphonsus School: Preschool – 8th grade – Phone 701-256-2354

For more information and to access our live streamed Sunday 9:30 a.m. Mass visit stalphonsuslangdon.com.



Emmanuel Evangelical Church

emmanuel@utma.com ● emmanuelevangelicalchurch.org ● 1120 15th Ave. · 256-2602

Worship Service 9:30 a.m.
followed by Fellowship

Sunday School from 10:45-11:45am
Pre-K thru Adult

 **Service Live on Facebook**



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"Open Hearts, Open Minds"

301 15th Ave. · Langdon, ND 58249
Church Phone # 701-256-2748 · Parsonage 701-256-2464
Sunday School (Sept-May) 9:30am -10:15am · Coffee Fellowship 10:00am - 10:30am

Cavalier County Senior Menu

Cavalier County Senior Meals & Services, Langdon

Monday, Jan. 15
Closed
Martin Luther King, Jr. Day

Tuesday, Jan. 16
Chili/Baked Potato/Biscuit/Fruit

Wednesday, Jan. 17
Chicken Fried Steak/Mashed Potatoes/Country Gravy/Glazed Carrots/Carrot Cake

Thursday, Jan. 18
Pork Chop in Gravy/Egg Noodles/Sweet Potatoes/Steamed Broccoli & Cauliflower/Fruit

Friday, Jan. 19
BBQ Chicken/Parslied Potatoes/Brussel Sprouts/Fruit

EBT/SNAP accepted.

Full cost of a meal: \$8.00.
Suggested Donation: \$5.50 for those over 60 years of age. Please contribute what you can. Those under 60 are required to pay the full cost of the meal. Menus are subject to change. Due to COVID-19 we have been experiencing shipping issues and food shortages.

Cavalier County Senior Meals & Services is located at 211 8th Ave. in Langdon and can be reached by phone at 256-2828.

Walhalla Senior Meals Menu

Monday, Jan. 15
BBWs on WW Bun • Potato Salad
•Peas •Fruit

Tuesday, Jan. 16
Taco Salad •Fruit •WW Bread

Wednesday, Jan. 17
Hamburger on WW Bun •Lettuce, Tomato, Onion •Tomato Soup
•Broccoli Raisin Salad •Cherry Sc.
•No bread

Thursday, Jan. 18
Pork Chop in Mushroom Gravy
•Mashed Potatoes •Sweet Potatoes •Peach Crisp/Topping

Friday, Jan. 19
Fish Burger on WW Bun • Carrots • 1 small Orange

This is a menu for the Walhalla Title III Older Americans Act Food Program. The full cost of the meal is \$10.00. Suggested donation for those 60 and older is \$4.00. EBT/SNAP accepted. Under 60 are required to pay \$10.00. Meal site is Waters Family Restaurant, 1108 Central Ave., Walhalla. Call 701-549-2443 before 10:00 a.m. to place an order for congregate, pick up, or home delivered meals.



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Jaime A. Hoenke - OD
Michelle K. Carter - OD





FBC LANGDON

Langdon First Baptist Church
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Sunday: Sunday School - 10am Worship Service - 11am
Youth Class Tuesdays at 6:30pm
Evening Services at 6pm on the first Sunday of each month.

New Hope Fellowship

ASSEMBLIES OF GOD 314 15th Avenue, Langdon, ND



Join us for service at 11 a.m. on Sundays
Pastor Norm Economy: 370-0759



Find New Hope Fellowship on Facebook.



Debbie Gendron

A memorial service was held January 8, 2024, in Walhalla, N.D., for Debbie Gendron, 57, of Walhalla, who passed away peacefully Tuesday, January 2, 2024, at Altru Hospital in Grand Forks, N.D., surrounded by family after a courageous battle with cancer.

Debbie was born in Cavalier, N.D., on March 27, 1966, to Robert and Phyllis Diemert. She grew up in Walhalla, N.D., where she attended public school. She met Vince Gendron and moved to Phoenix, Ariz., in 1984. On September 7, 1985, they were married. In 1986, they then moved back

to Walhalla, while expecting their first child. Kayla was then born March 27, 1987, followed by their second child, Amanda, who was born March 15, 1990. She worked at Jackson's Bar as a bartender and then later stayed home with the kids and helped her husband manage his airbrush paint design & glass etching business.

Throughout her life, Debbie enjoyed spending time with her family, feeding/watching birds, and the bunnies. She also enjoyed playing board games, putting together jigsaw puzzles, word searches, and kicking butt at Diddy Kong Racing.

She is survived by her husband, Vince; children: Kayla Gendron of Pembina, N.D., Amanda (Dustyn) Lee and granddaughter Caidyn of East Grand Forks, Minn.; siblings: Jimmy (Etta) Diemert of Statesboro, Ga.,

Bert (Danny) Carpenter of Walhalla, N.D., Jerry (Joan) Diemert of Edinburg, N.D., Sandy (Joe) Urlaub of Walhalla, N.D., and Dawn (Cody) Carpenter of Pembina, N.D. Preceding her in death were her par-

ents, Robert and Phyllis Diemert, and her long-time pet, Chance.

Online condolences are available at www.askewfuneralhome.com.



Dennis Thronset

A memorial service will be held at 7:00 p.m. on January 19, 2024, at St. Alphonsus Church in Langdon, N.D., with visitation starting at 5:00 p.m. for Dennis Thronset, 74, lifelong Langdon resident, who passed away peacefully Thursday, January 4, 2024, at Langdon Prairie Health with his family at his side. Please join the family for sharing and fellowship after the service at the Langdon Eagles Aerie #3454 in Langdon. The family wants everyone to wear their Cardi-

nal, Sioux or Cubs attire - he loved them all!

Dennis James was born January 11, 1949, in Langdon, N.D., to James and Lola (McKay) Thronset. He grew up and attended school in Langdon, graduating in 1967. He continued his education at UND in Grand Forks where he was a member of the Kappa Sigma Fraternity and worked at the Red Pepper. He earned a teaching degree in physical education and social science and, later, a master's degree in educational administration. He married Carol Tholkes in February of 1971, and they made their home and raised their three daughters in Langdon. Dennis taught physical education and then was the principal at Langdon Elementary until retiring in 2000 due to health reasons. He coached various high school sports but especially loved coaching girls basketball and was NDHSCA Coach of the Year in 1983. He also umped softball and baseball and was a basketball referee. After retirement, he thoroughly enjoyed writing the sports history article and several feature ar-

ticles on past athletes from Langdon for the Cavalier County Republican. He was a 'stats' person with his personal information and would also go with Jake to sporting events and provide stats for various Langdon Cardinal sports.

Dennis felt it was important to be involved in your community and to be an advocate for education and kids. He was a former member of CCJ-DA Board, Food Pantry Board, Park Board, and DVAC Board; was the men's golf league secretary at the Langdon Country Club; and belonged to various local, state, and national school-related committees. He was a former secretary, past president and PROUD member of Langdon Eagles Aerie #3454. He was honored to be inducted into the LASD Educators' Hall of Fame, awarded the 2009 North Dakota Community Leadership Award, and inducted into the 2018 Dakota State Eagles Hall of Fame. He volunteered for Meals-On-Wheels, helped with the county spelling bee, and was an announcer at various high school sporting events.

More important than anything was his family. He loved Carol, his girls and their husbands, and his grandkids. He and Carol looked forward to attending events that their children and grandchildren participated in and having family gatherings, especially the yearly week at the lake where the whole Thronset side would gather. He was a golfer and loved to play pinochle, Scrabble, trivia, listen to almost any kind of music, and do crossword puzzles. He was a sports fanatic and belonged to a few fantasy leagues along with cheering on his beloved UND Sioux, Chicago Cubs, and, especially, his Langdon Cardinals. He also loved to travel, and the family ventured on a couple longer trips during the summers off from school in the 1980s. Dennis seemed to know someone everywhere he went, and if he didn't, he met new people and tried to find a connection to someone he knew. He loved being around people and having good conversations.

He will be deeply missed by his wife, Carol; children: Dawn & Stoney Kruk, Jennifer & Trevor Romfo, and Andrea

& John Maus; grandchildren: Jayden, Abby, Taryn, Logan, and Brooke; brother Craig (Darcy) Thronset; sister Lori (Jerry) Krieg; cousin/brother Jeff (Deb) McKay; in-laws: Joni Hall, Ron (Linda) Tholkes, Renae (Art) Tholkes; and many dear cousins, nieces and nephews. He was preceded in death by his parents, grandson Justin Kruk, mother & father-in-law Gerry & Joe Tholkes, brother-in-law Tom Hall, and several aunts and uncles that were precious to him.

In lieu of flowers, please direct memorials in Dennis's name to one of the following: Thronset Family Scholarship (1308 12th St., Langdon), Langdon Area School District Foundation (PO Box 408, Langdon), Food Pantry (210 8th Ave., Langdon), or Langdon Prairie Health Foundation (909 2nd St., Langdon).

Online condolences are available at www.brooksfuneralhomelangdon.com.



Loretta Lovcik

Loretta Ann Lovcik, 90, of Rugby, N.D., passed away Sunday, December 10, 2023, in the Heart of America Medical Center in Rugby. Loretta Ann Lovcik was born December 17, 1932, in Pisek, N.D., the daughter of Tom and Rose Novak. She was raised on the family farm and attended school in Pisek. Following school, she was a nurse at St. Ansgar's Hospital in Park River. On November 21, 1956, Loretta was united in marriage to Jo-

seph Lovcik at St. John Nepomucene Catholic Church in Pisek. Following their marriage, Joseph was manager of numerous Farmers Union Oil Coops in which she helped him out wherever needed. From 1956-1959 they lived in Park River and from 1959-1966 they lived in Minto. At this time, they had 2 sons, Joe Jr. and John. They then moved to Wilton in 1967 to May of 1974 and then to Conrad, Mont., and remained there until September of 1981. They then moved to Langdon, N.D. In 1984, Joseph started his own business located near St. Michael, which resulted in owning some land in which Loretta put in a 3 acre garden! She absolutely loved gardening! Another passion of Loretta's was flowers and more flowers! In 2001 they moved to Rugby. When Loretta wasn't gardening, she was very devoted to her religion and faith in prayer in which she volunteered her time to numerous churches. Loretta's grandchildren also kept her busy as she doted on them whenever she had the chance...she was THEE best grandma! She also loved visiting and never

turned down the opportunity (especially if they spoke Czech).

Survivors include her sons: Joseph (Phyllis) of Langdon, John (Kimberly) of Rugby; five grandchildren: Mikan (Riley) Lovcik, Trey (Shelby) Lovcik, Jarett (Brittany) Lovcik, Kyle (Alii) Lovcik, Jacie (Taylor) DeMers; nine great-grandchildren: Diesel, Beckham, Daxton, Lawson, Lilah, Hayes, Atticus, Bristol, and Leo; brothers & sisters-in-law: Douglas Carter, Louise Novak, Joann & Gary Nokelby, Dennis & Elaine Lovcik, Francis & LuWanna Lovcik; and many nieces and nephews. She was preceded in death by her parents; husband Joseph; brothers: George, Lawrence, Donald, William; sisters: Angeline, Caroline, Bernice, Lona, and Patricia; brothers-in-law: Herman, Bud, Jim, Herman Sr.; and nephews & niece: Ronnie Zidon, Dale Zidon, and Kitty Fischer.

Loretta had a zest for life and always had a smile on her face. She always had a positive outlook on life, and she always lit up the room. She will be tru-

ly missed.

Arrangements with the Anderson Funeral Home of Rugby. Online registry: www.funerals-byanderson.com



WORD SCRAMBLE

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R O K C O E

--	--	--	--	--	--

Answer: Cooker

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NLAC December Art Student of the Month announced

The Northern Lights Arts Council December Art Student of the Month is Reed Scherr, son of Rob and Brenda Scherr. He is a junior at Langdon Area High School.



SUDOKU

		8		6			3	9
						6	1	
9				7	4		5	
3			1	5			7	
		1						
					3			
		3			8	5	4	
	6					7		1
			5				8	

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9	8	3	7	5	1	6	2	4
1	6	7	2	3	4	5	9	8
2	4	5	8	6	9	3	7	1
5	2	1	3	4	8	7	6	9
3	9	8	6	2	7	1	4	5
7	4	6	9	5	1	8	2	3
8	5	2	7	3	6	9	1	4
2	3	4	6	9	8	5	1	7
7	5	8	2	6	1	4	3	9

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Cont'd. From Page A1 Frost Fire Park reaches new heights

This winter has been a test for Frost Fire Park, which was closed last winter due to issues with the old snow-making equipment. New equipment went in last spring.

For the high attendance numbers, Gordor gives credit to the Canadian border being open, allowing skiers from the north to return to Frost Fire Park after COVID, nice temperatures leading into the new year, and a growing reputation for good snow conditions.

"A lot of people are calling, and the top question is, 'What are your snow conditions like?' Our snow conditions are off the charts right now!" Gordor said. "We have a phenomenal groomer with 20+ years of experience. It's not icy because he's caring for it - it's what you've got to do. Our snow conditions are primo, and we're dedicated to making sure that the runs are safe."

Gordor jokes that she would compliment the groomer, even if she wasn't married to him. Patty's husband, Dustin Gordor, is a former Pembina Gorge Foundation member and takes the lead position in snow grooming and snowmaking.

"The number one reason we are so successful and being able to open early was the new snowmaking infrastructure," Gordor said. "As hard as it was to say we couldn't open last year because of the old infrastructure, the snowmaking has made it so the quality of the product this year is at a top level."

By the numbers

During the 2021-2022 season, the last season Frost Fire Park was open for the winter season, the park served 3,100 skiers and snowboarders. As of day 20 this season on Jan. 2, the count was 2,500 skiers and snowboarders, and they still have the rest of the season to go.

"The word has gotten out that we are skiers out here. We find so much excitement and joy in the ski culture - we go skiing for fun," Gordor said. "I think that is a huge factor. We are invested into growing the ski culture, the hill is safe, and we have awesome park features and jumps."

Next level

"Once we open Wild Columbine and Oxeye, it makes sense to me that we can hold 500 skiers in one day. We will be able to manage everyone," Gordor said.

Gordor said snow is being made on

the last two runs, which marks another milestone: Wild Columbine and Oxeye haven't been open to guests for at least a decade due to snowmaking equipment not reaching that far. With the new snowmaking infrastructure, snowmaking can now happen on these two runs.

"We could be 100% open by this weekend," Chaput said. "Those last two runs have never been open since the Foundation took over; we just didn't have the infrastructure over there."

Chaput said it's still a lot of work to make snow, especially on the higher runs, but getting water to the snow guns has been a lot easier.

"Before, if we flipped the switch and there might be water, there might not. It was nothing but trouble. Now you flip the switch, it fills the pond and pumps water up the hill - it's what we needed for sure," he said.

Even with the higher guest numbers and being able to open the park at 100%, Gordor doesn't feel that Frost Fire Park has turned a corner yet. She says that's yet to come.

"We're coming up onto turning a corner," she said. "It will turn a corner when I have lodging and more employee housing and when the theater is rebuilt. We're coming up on it. I am so grateful for what we've been able to do, but I see the potential. I see the opportunity for more. We can be better, we can be bigger."

Chaput agrees, "I'm excited, but I'm thinking more. We have the opportunity here - how do we take care of 300? And how do we gear up to take care of 600? It's all about experience, and we want our guests to have wonderful experiences."

Looking to the past

"The past several years, we have realized what a heavy lift this project was," Mandt said. "Expensive assets that needed to be replaced - the chairlift and snowmaking infrastructure - totaled more than \$5 million, COVID closing the Canadian border for two years and closing the theater, lack of staff, and a lengthy list of challenges that we've steadfastly overcome - one by one."

The Foundation board heard plenty of negative comments after deciding to close last winter season, but board members said the decision was necessary and was the right call.

"Being we did have quite a bit of

natural snow. I think people really looked at us and thought, 'What are they thinking? We have natural snow - what are they thinking?'" Chaput said. "But the reality was, it wasn't enough. We pushed snow around the bunny hill, and we just couldn't get there. I think that was part of it. It seemed like we should be out there skiing, but the amount of work and snow it actually takes to get a run safe and create good and safe skiing conditions - it takes a lot. Safety has to come first."

Chaput is proud of the current condition of the hill, saying Frost Fire Park has as good of conditions as outdoor enthusiasts can find anywhere this year, adding that the "conditions are really, really good right now."

"Even the mountain areas aren't getting snow, those bigger places are relying on snowmaking, too," Chaput said. "It's a reality; we have to make snow to be up and running. Mother Nature might give you some snow, but that's just a bonus."

Mandt said people and passion fueled the Foundation board's commitment and endurance.

"Frost Fire touches people in special ways that have to be experienced," she said.

With the challenges of making the decision to close last winter season and the collapse of the amphitheater in April 2023, the challenges were heavy, but the end of the year brought some positives.

"We ended 2023 with a strong staff team; a \$1.75 million state grant towards a new multi-season, 500-seat amphitheater; a draft master development plan that serves both visitors as well as the businesses financial strength and long-term sustainability; and a launch of an initial \$5 million capital campaign to begin implementing the master plan," Mandt said.

Mandt is hopeful when she says the Foundation is rebuilding Frost Fire for the next generations, and her thoughts go back to that picture posted on Facebook.

She said, "Seeing all the people on the lift affirms we've continued to move in the right direction."

Frost Fire Park is open for skiing and snowboarding Fridays, Saturdays, and Sunday, along with Monday, Jan. 15, which is Martin Luther King, Jr. Day.

Cont'd. From Page A1 Judge selects legislative district map in tribal voting rights case

been historically included in the same district as Turtle Mountain.

Map 2 keeps Rolla with the Turtle Mountain Reservation.

Map 1 provided a wider corridor connecting the two reservations, giving less of a "dumbbell" look that legislators say they had been advised to avoid when drawing district lines.

After Welte's Nov. 17 ruling, legislators had created two more alternatives and were scheduled to meet Tuesday to consider those options further. The legislative calendar shows that meeting has been postponed.

2021 legislation

In an effort to give tribal members a fair shot at representation, legislators

in 2021 created Subdistrict 9A for the Turtle Mountain Band of Chippewa Indians and a subdistrict for the Fort Berthold Reservation.

Sorvaag said legislators looked at creating a subdistrict for Spirit Lake, but the Census numbers did not support one.

Sorvaag defended the work of the Redistricting Committee in 2021, when Census data was behind schedule because of COVID-19.

Even though the process was rushed, "We were thorough," he said Dec. 13. "We were public."

Legislators said Map 2 was presented to the committee late in the 2021 process and it had not seen Map 1

before Welte's ruling.

Rep. Mike Nathe, R-Bismarck said during the Dec. 20 redistricting meeting that Map 2 was brought to legislators "in bad faith."

"They wanted to sue us," Nathe said.

The tribal leaders questioned the efforts of legislators.

"There is no evidence in the legislative record that the Legislature or the Redistricting Committee engaged a VRA (Voting Rights Act) expert to conduct its own analysis, which could have corroborated the Tribes' analysis and perhaps prevented this violation from occurring in the first place," Azure and Street said in written testimony.



Legislators attending a Redistricting Committee meeting Dec. 13, 2023, look at maps of different proposals. (Kyle Martin/For the North Dakota Monitor)

WINTER SPORTS

L-E-M beats North Border in girls hoops; Lady Cards also get nice win over Grafton

By Jake Kulland

Believe or not, girls basketball is over the halfway point of its season with the District 3 Girls Basketball Tournament set to begin in Park River on Feb. 9. The Langdon-Edmore-Munich Car-



Cora Badding drives in and adds 2 points to her 21 point night in the Cards win over the Eagles in Langdon on Jan. 5. Photo by Larry Stokke.

dinals met the North Border Eagles for a district contest in Langdon on Jan. 5 with the Cards winning 61-45 on a great effort put forth by the Eagles. The Cardinals also won at Grafton the night before, 65-58, on Jan. 4. With the two wins, the Lady Cards are now 10-1 on the season. After playing in Munich versus North Star on Jan. 11, they will be at North Prairie on Jan. 15 then have an addition to their schedule, hosting Kenmare-Bowbells in a non-conference game on Jan. 16. For the Eagles, they are now 3-6 on the year. After playing St. John in Wal-halla on Jan. 9, they will host Mid-way-Minto the afternoon of Jan. 13 in Pembina then take on Drayton-Valley-Edinburg in the Pembina gym on Jan. 15.

LANGDON-EDMORE-MUNICH
61,
NORTH BORDER
45

The game with the Cards and the Eagles looked like it would be a runaway early, as the Cardinals jumped out to 9-2 lead with the help of Jaya Henderson scoring nine of her 10 points in the first quarter. North Border fought back to tie the game at 14 late in the first with eight points from Jenna Fraser.

Meredith Romfo got hot in the second and third quarters, helping the Cardinals pull away with 17 of her 19 points coming in the third and fourth frames. She hit three 3-pointers in the process. Langdon-Edmore-Munich had their biggest lead at 48-28 in the third, but again, there was no quit in the Eagles. They outscored the Cardinals in the fourth quarter to lose by 16.

Cora Badding had 21 points for Lang-

don-Edmore-Munich, while Fraser had 24 for North Border to lead all scorers. Keira Moore had 10 rebounds for the Eagles; Jalynn Swanson dished out nine assists for the Cardinals.



Katie Volk hits a shot against the Cards in Langdon. Photo by Larry Stokke.



Player of the Game for the Eagles was Jenna Fraser with one of her four 3-point baskets. She finished the game against the Cards with 24 points. Photo by Larry Stokke.

LANGDON-EDMORE-MUNICH 61,
NORTH BORDER 45
NB -14 10 9 12 - 45
LEM -16 19 17 9 - 61

Langdon-Edmore-Munich - Cora Badding 21, Meredith Romfo 19, Jaya Henderson 11, Jalynn Swanson 5, Mikaela Olson 4, Aubrey Badding 2, Kemi Morstad 1
North Border - Jenna Fraser 24, Taelyn Dunnigan 10, Keira Moore 8, Katie Volk 4
Rebounds - LEM: 39 (C. Badding 6); NB: 32 (Moore 10)
Assists - LEM: 15 (Swanson 9); NB: 9 (Moore 5)
Steals - LEM: 11 (Swanson 4); NB: 2
Turnovers - LEM: 3; NB: 16
Field goal percentage - LEM: 24/52 (46.4%); NB: 19/48 (41.2%)
Free throw percentage - LEM: 8/13 (61.5%); NB: 3/4 (75.0%)

LANGDON-EDMORE-MUNICH

65,
GRAFTON
58

In their game at Grafton the night be-

fore, the Lady Cards played on of their best games of the season beating the Spoilers on the road. The Cards bolted out to a 23-14 lead after the first quarter, and maintained that advantage throughout the rest of the game. It was a team effort scoring the basketball for the Cardinals, as they had three players scoring in double digits, led by Meredith Romfo with 22, Jaya Henderson with 17 and Cora Badding 16. All these points were helped out by six assists from Jalynn Swanson. Henderson also had four steals. Grafton was led by Kate LeClerc with 17 points.

LANGDON-EDMORE-MUNICH 65,
GRAFTON 58
LEM -23 13 12 17 - 65
G -14 10 18 16 - 58

Langdon-Edmore-Munich - Meredith Romfo 22, Jaya Henderson 17, Cora Badding 16, Aubrey Badding 7, Jalynn Swanson 2, Mikaela Olson 1
Grafton - Kate LeClerc 17, Savannah Blackcloud 10, Trinity Parson 8, Summer Moberg 8, Sydney Suda 6, Addi Fredrickson 6, Paityn Ziegelmann 3
Rebounds - LEM: 31 (Romfo 7, Swanson, Henderson 6); G: 39 (Ziegelmann 7)
Assists - LEM: 16 (Swanson 6, C Bad-



Kemi Morstad gets fouled putting up a shot and goes to the line and makes a free throw. Photo by Larry Stokke.



Cardinals Player of the Game Meredith Romfo nailed three 3s to finish the game with 19 points. Photo by Larry Stokke.

ding 4); G: 12
Steals - LEM: 8 (Henderson 4); G: 6
Turnovers - LEM: 10; G: 17
Field goal percentage - LEM: 23/57

(40.4%); G: 20/56 (35.7%)

Free throw percentage - LEM: 16/22

(72.7%); G: 12/18 (66.7%)



Jalynn Swanson nails a shot in the lane over the North Border Eagles. Photo by Larry Stokke.



Taelyn Dunnigan puts in two against the Cardinals in Langdon on Jan. 5. Photo by Larry Stokke.



Keira Moore drops in a basket against the Cards on Jan 5 in Langdon. Photo by Larry Stokke.

JAKE'S TAKE ON SPORTS



Dennis Thronset, "Mr. T", "The Diminutive One" passes away

We start this week with the sad news that I'm sure most of you have heard and may have already read about in this week's paper. Dennis Thronset passed away recently at the age of 74. He is a loss to so many people. One of the only positive things about his passing are the wonderful tributes and stories that everyone around the area has been telling. "Best teacher ever", "Best coach ever", "Best principal ever" are just a few of the words that

so many have been saying about the man. I will try not to be redundant about things that you can find out about him in his wonderful obituary or the news story in this week's pages. I will just give a couple thoughts about my great association with him.

Thronny and I first started a partnership doing sporting events together that goes back so far I can't remember when it began. I guessed 15 years, but upon further review, it is most likely 20 or more. I gave him the nickname "The Diminutive One" from an old line by Howard Cosell, and that stuck, of course, with his main nickname, "Mr. T". Those are just two of the many, many nicknames he's had over the years, (I'm up to a list that is over 10). There are so many great memories of our trips together. His love of bean burritos (and my hatred of them) led to countless laughs and inside jokes between us (he would always try to sneak one to me to see if I'd accidentally take a bite, which once led to me nearly rolling the Red Rider by Webster), the birth of

the "Maple Manor Shuffle" one late night in Egeland, the endless need for napkins and paperweights (long story), and so, so many more. He truly loved writing for the then Cavalier County Republican, and his "This Week in Cavalier County Sports History" column was highly anticipated each week that paper came out (this column pales in comparison). His passion was research and keeping records of nearly everything. He always did a tournament preview of sorts for me throughout the years with capsules of the teams involved, common opponents, etc. He continued to do this even when his health and COVID wouldn't allow him to travel with me any longer. The last one he did for me was for the Region 4 Girls Volleyball Tournament this past fall. When I was fortunate enough to win the North Dakota Sportscaster of the Year honor a couple years back, I was adamant that he went to the awards banquet in North Carolina with me, because he made me sound so good with his re-

cont'd. on page B4

EAGLES ride the roller coaster to **BIG WIN** over Cavalier

By Jake Kulland

A huge crowd was on hand at the Walhalla Civic Center for the first of two boys basketball meetings between the North Border Eagles and the Cavalier Tornadoes on Jan. 4. The Eagles won a wild back and forth contest 50-47 to move their record up to 5-1 on the season. The Eagles hosted North Prairie in Walhalla on Jan. 12 then head to McVille to take on Nelson County the afternoon of Jan. 13. In the week ahead, North Border is at Midway-Minto in Minto on Jan. 16 then are at home vs. Park River-Fordville-Lankin in Walhalla on Jan. 18.

In their game with Cavalier, the Eagles had a tremendous start with four different players scoring on their way to leads of 9-0 and 16-5 in the first quarter. Then the Tornadoes got rolling and went on a 13-0 run in the last



Weston Cosley gets fouled going up for a shot and goes to the line and sinks a free throw. Photo by Larry Stokke.

part of the first and early second stanzas, taking an 18-16 lead. The Eagles recovered with the help of two Kaden Moore 3-pointers to lead 26-23 at the half.

The game got even stranger in the third quarter when the Eagles were held without a field goal, scoring just three points on free throws but still within range of Cavalier, 33-29. North Border junior Grant Cosley had a big time fourth quarter, scoring nine of his team high 18 points and was 4 of 6 from the free throw line down the stretch, as the Eagles came back and won. Cosley finished with 18 points, while Moore had 14. Brody Berg fought foul trouble all night for North Border but still led the team with 11 rebounds. Moore came away with nine steals. Ryan Pelletier led the Tornadoes with 18 points; Zack Anderson had a double with 15 points and 12 rebounds plus dished out five assists.

=====

NORTH BORDER									
50,									
CAVALIER									
47									

=====

C	-12	11	10	14	-	47
NB	-16	10	3	21	-	50

North Border -- Grant Cosley 18, Kaden Moore 14, Grayson Ohman 8, Brody Berg 5, Kade Schafer 4

Rebounds -- NB: 30 (Berg 11, Moore, Ohman 5); C: 37 (Anderson 12, Devine 8)
Assists -- NB: 10 (Moore 3); C: 10

(Anderson 5)
Steals -- NB: 8 (Moore 5); C: 4
Turnovers -- NB: 6; C: 14

Field goal percentage -- NB: 16/51 (31.4 %); C: 17/51 (33.3%)
Free throw percentage -- NB: 13/17 (76.5%); C: 7/10 (70.0%)



Kaden Moore, on a fast break, lays in a basket adding to his 14 point night in the Eagles win over Cavalier. Photo by Larry Stokke.



Grant Cosley was Player of the Game against Cavalier and finished with a game high 18 points. Photo by Larry Stokke.



Brody Berg drains a 3-point shot in the Eagles win over the Tornadoes in Cavalier. Photo by Larry Stokke.



Grayson Ohman tips in a basket between three Tornado defenders. Photo by Larry Stokke.

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Cardinals boys drop games at Grafton, at home to Nelson County; Losing streak at three

By Jake Kulland

The Langdon-Edmore-Munich Cardinals boys basketball team is getting busier with their schedule as the month of January rolls on. The Cards traveled to play Grafton on Jan. 4, a squad that is now a class above them in boys hoops, They then played at home against Nelson County in a Class B game on Jan. 8. The Cards lost both games, to the Spoilers 90-47 and to the Chargers 59-51. They have now lost three games in a row, which puts their record at 3-4. The Cards have three important District 3 games next on their schedule: at home versus Park River-Fordville-Lankin on Jan. 12, at Drayton-Valley-Edinburg in Drayton on Jan. 16, and at home against Cavalier for the second time in Langdon on Jan. 18. Here is a recap of their last two games:

Grafton 90, Langdon-Edmore-Munich 47

Not a lot needs to be said about this game, outside of that Grafton has a really good team this year and is ranked second in the state in Class A boys hoops. The Cardinals played without leading scorer Rayce Worley in this contest, as he was out to rest a strained calf muscle.

The Spoilers are big and long, and they forced 20 Cards turnovers in the game. The Spoilers ran out to a 56-25 lead at halftime, while scoring 30 points in the first quarter. Eighth grader Eastyn Schaefer ended up leading the Cardinals in scoring with 16 points, while Nick Kingzett had 15. Braylon Baldwin had 24 points and Kyler Droog 21 for Grafton. The Spoilers shot 60 percent from the field.

GRAFTON 90,
LANGDON-EDMORE-MUNICH 47

LEM - 7 18 14 8 - 47
G -30 26 24 10 - 90

Langdon-Edmore-Munich - Eastyn Schaefer 16, Nick Kingzett 15, Levi Swanson 5, Tanner McDonald 5, Jayden Lee 4, Cody Amble 1, Jacob Lowery 1

Grafton - Braylon Baldwin 24, Kyler Droog 21, Ryan Hanson 11, Brody Lillemoen 11, Tony Villareal 9, Reggie Rice 7, Alex Garza 4, Abram Sevigny 3

Rebounds - LEM: 32 (Swanson 7, Amble 5); G: 39 (Droog 12)
Assists - LEM: 13 (Kingzett 4); G: 19 (Baldwin, Villareal 5)

Steals - LEM: 3; G: 10

Turnovers - LEM: 20; G: 16

Blocks - LEM: 0; G: 9 (Droog 4)

Field goal percentage - LEM: 17/55 (30.9%); G: 39/65 (60.0%)

Free throw percentage - LEM: 9/20 (45.0%); G: 6/11 (54.5%)

NELVSON COUNTY

59,

LANGDON-EDMORE-MUNICH

51

Nelson County is a new boys basketball co-op between the schools of Lakota and Dakota Prairie; the girls from the two schools have been together the last couple of years, but this is the first year for the boys.



Rayce Worley, Player of the Game against Nelson County, went 11 of 12 free throws a pair of 3s and finished with a game high 23 points. Photo by Larry Stokke.

Health Tip

Provided by Cavalier County Health District

If you notice that you just don't feel like yourself anymore, it is important to remember that you don't have to wait until things become severe to reach out for help. Talk to your provider or contact 2-1-1 to find out where you can go to get help.



Jayden Lee blocks a shot by Nelson County's Brody Rainsberry. Photo by Larry Stokke.



Tanner McDonald drops in a basket over the defending Charger. Photo by Larry Stokke.

The game with the Chargers was close most of the way, although it didn't get off to a great start for the Cards. NC scored the first eight points in the game then went out to a 23-10 lead in the second quarter. Langdon-Edmore-Munich got things together and went on an 18-2 run to take a 28-25 halftime lead. Rayce Worley got loose for nine second quarter points.

The Chargers would come out in the second half and regain the lead, stretching it out to 50-38 in the fourth quarter before the Cardinals made another comeback late with Nick Kingzett scoring six fourth quarter points. Jayden Lee also hit a clutch 3-pointer, but the Cards would turn the ball over three times in a row on consecutive possessions to allow NC to ice the win.

Worley had arguably his best game of the season with 23 points, and he also went 11 of 12 from the free throw line. Cody Amble led the team with 11 rebounds. Zach Gibson had 17 points

to lead three in double figures scoring for the Chargers.

NELVSON COUNTY

59,

LANGDON-EDMORE-MUNICH

51

NC -18 7 17 17 - 59
LEM -10 18 10 13 - 51
Langdon-Edmore-Munich - Rayce Worley 23, Nick Kingzett 8, Jayden Lee 8, Cody Amble 4, Levi Swanson 4, Tanner McDonald 2, Eastyn Schaefer 2

Nelson County - Zach Gibson 17, Jaxon Baumgarn 14, Caden Joramo 10, Ross Thompson 9, Axel Anderson 4, Brody Rainsberry 3, Rider Schmidt 2
Rebounds - LEM: 34 (Amble 11, Kingzett 9); NC: 34 (Thompson 10, Baumgarn 6)
Assists - LEM: 10 (Amble 4); NC: 11
Steals - LEM: 9 (Schaefer, Kingzett 3); NC: 14 (Baumgarn 5)
Turnovers - LEM: 19; NC: 14

PEMBINA COUNTY
HISTORICAL SOCIETY

NOTICE OF
ANNUAL
MEETING

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to follow



Nickolas Kingzett slashes to the hoop against the Chargers. Photo by Larry Stokke.



Eastyn Schafer puts up a shot over two Nelson County Chargers. Photo by Larry Stokke.

Field goal percentage - LEM: 16/54 (29.6%); NC: 22/53 (41/5%)
Free throw percentage - LEM: 15/16 (93.8%); NC: 12/20 (60.0%)

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The latest NDAPSSA Division B Basketball Media Polls of the 2023-24 season were released on Monday, Jan. 8.

The polls are voted on by members of the North Dakota Associated Press Sportscasters and Sportswriters Association (NDAPSSA).

Division B Boys Basketball Poll (January 8):

1. Bowman County (14) 7-0 184
2. North Star (3) 8-0 165
3. Bishop Ryan (2) 7-0 144
4. Westhope-Newburg 7-0 141
5. Linton/HMB 7-0 118
6. Hankinson 5-1 54
7. Glen Ullin-Hebron 8-1 52
8. Mohall-Lansford-Sherwood 5-0 51
9. Sargent County 5-3 43
10. Garrison 7-2 21

Others Receiving Votes: Alexander, Wilton-Wing, Ellendale, North Border, Williston Trinity Christian, Cavalier, Edgeley-Kulm/Montpelier, TGU
Note: First Place votes in parentheses.

Division B Girls Basketball Poll (January 8):

1. May-Port-CG (10) 8-0 175
2. Langdon Area/Edmore/Munich (6) 10-1 167
3. Sargent County (2) 9-0 151
4. Central McLean (1) 9-0 141
5. Bowman County 7-1 125
6. Edgeley-Kulm-Montpelier 8-2 86
- 7 TGU 10-2 70
8. Oakes 8-1 53
9. Kenmare-Bowbells 9-4 31
10. Maple River 6-3 12

Others Receiving Votes: Trenton, Garrison, Grant County/Mott-Regent, Linton/HMB, Our Redeemer's, Hatton/Northwood, Tioga.
Note: First Place votes in parentheses.

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Blades boys lose first league game in OT at GF; win at Fargo

By Jake Kulland

The Langdon Blades junior gold hockey was on the road for their first big weekend of North Dakota league games. They played at Grand Forks versus the Stallions on Jan. 5 then traveled to take on the Fargo Freeze on Jan. 7. The Blades lost in overtime at GF 4-3 then came back and won at Fargo 6-1. This weekend, Langdon has their first league games at home - playing Crosby on Jan. 12, Watford City Jan. 13, then Richland on Jan. 14 - all at Dakota Spirit Arena.

As it normally seems to be, the Blades had a battle all the way at Grand Forks. Langdon scored the first goal

of the game in the first period; Karter Lein scored on an assist by Mason Romfo with just 23 seconds left in the first frame. The Stallions would then score three unanswered goals in the second period, forcing the Blades to come back in the third, which they did. With 2:10 to go in regulation, Kadyn put in a lamp lighter on an assist by Parker Rime, then in brass tax Rudy Moser scored unassisted to tie things up and send it to overtime. Grand Forks would score with 9:18 to go in OT to win the game. Dawson Hein had 34 saves in net for the Blades in the loss. Grand Forks outshot Langdon 41-38.

Two days later in Fargo, things went much better for the Blades. They scored the first six goals of the game to win in a rout. Bantam-aged player Kolton Hein scored the two goals on assists from Rime, Moser and Ryan Henderson, which was later followed by Moser and Romfo each scoring a pair of goals to round out the scoring. Max Henderson, Jax Johnson, and Colton Hein had assists with Romfo setting up three goals to get a play-maker. Dawson Hein had 19 stops to get the win in net; the Blades outshot the Freeze 44-20.

Cont'd. From Page B1 Jake's Take on Sports

searched information and earned the award just as much as I had.

My favorite sporting memories of Deny are two: in 2005, when Langdon finally won a basketball championship in girls hoops (he hugged and nearly strangled me at the same time at the top of the Jamestown Civic Center), and in 2015, when his beloved Chicago Cubs finally won a World Series (he flew the "W" at his house for each Cubs win).

No doubt, we were very close, as he got to know my whole family well (he always got a kick out of visiting with sister Jan or my dad and always asked how my mom was doing). I, of course, know his family well, too. Whenever his health was an issue to travel to games, I'd ask him if he was good to go, and he'd smile and say, "I got clearance from the tower, and all three runways!". I have never heard anyone say a bad word about Dennis, a man that had over 2,500 Facebook friends that he said was "giving me a

new lease on life." I will always hope that our time together gave us all a little more time with him, as his countless health problems meant that we never really knew when we would lose him.

I must say in closing that I have gotten tons of calls, messages and folks in person saying, "Sorry for your loss" and things of the like. Now don't get me wrong, I have greatly appreciated hearing them all, but we have ALL lost a dear friend and mentor, most of all his family. To his fantastic wife, Carol; his daughters; siblings; grandchildren and in-laws, we are all grieving for you and are devastated by your loss.

Please tune in to our Coaches Corner show on KNDK 1080 on Jan. 13. We

are going to devote the entire second hour (11:00am-12:00pm) as "A



Tribute to Thronny". His former players, fellow coaches, officials and more will be guests, and they have plenty of fun stories to share.

"See ya!" next week!

2024 Þorrablót

AN ICELANDIC MIDWINTER FEAST


Saturday, February 24
Mountain Community Center

5:00 PM---- Social and Appetizers - Cash Bar.
6:30 PM---- Dinner featuring traditional
Icelandic foods, Icelandic Cod & Chicken.

TICKETS \$30

FOR TICKETS CONTACT:
Judy Geir at 701-993-8179

Tickets are also available for purchase at the Mountain Chalet
Sponsored by the Icelandic Communities Association



Remembering Rose Mullarkey,

whose eighth anniversary
occurs on
Monday, January 15.

*Sadly missed by her many friends in Langdon,
past pupils, the staff of Maple Manor,
congregation of St. Alphonsus, and nephew Tom.*

"Your music made a difference in our lives."

Dahl


TRUCK & AUTO CENTER
LANGDON, ND



AUTO PARTS

- Hydraulic hoses made to spec.
- Heavy duty truck and trailer repair
- Tires
- Napa Parts Store

A FLU VACCINE CAN TAKE FLU FROM




WILD TO mild

Flu, RSV, Pneumonia, Tetanus, Shingles and COVID Vaccines Available all winter

at Cavalier County Health District
By Appointment

Call 256-2402 for an appointment
Walk-ins accepted depending on nursing availability

*Limited quantities of low cost and no cost flu, tetanus, pneumonia
and COVID vaccines are available for uninsured adults.*



COVID-19
VACCINE





COVID-19
VACCINE

**"LIFE'S MOST PERSISTENT AND URGENT QUESTION IS,
'WHAT ARE YOU DOING FOR OTHERS?'"**

-DR. MARTIN LUTHER KING JR.



**DISTRICT 19
DEMOCRATIC-NPL
OF NORTH DAKOTA**

Paid for by District 19 Democratic-NPL, Charles Hart

HELP WANTED

FOSTER COUNTY, ND is seeking a full time, Deputy Sheriff. Starting pay is \$60,000 annually. Complete job application at fostercounty.gov

YOU CAN PLACE a 25-word classified ad—like this one—in every North Dakota newspaper for only \$160. It's easy. Contact this newspaper for details.

HELP WANTED - The City of Langdon will be accepting applications for a part-time employee at the Activity Center. Hours required are day shifts and some weekends. Applicants must be motivated and self-managed. Salary will DOE. Applications may be picked up and submitted at the Activity Center at 516 10th Ave., Langdon, ND 58249. Applications are being accepted until position is filled. City of Langdon is an Equal Opportunity Employer.

HELP WANTED: Cavalier County Memorial Hospital Association dba Langdon Prairie Health has multiple openings for Medical Technologists in Langdon, ND. Must have a Bachelor's degree in Medical Technology, Biology, Chemistry (or foreign equivalent) and Medical Technologist License/Certification or be immediately eligible or ASCP Certified. Send resumes to: linda.benoit@lph.hospital.

HEALTH/MEDICAL

STOP OVERPAYING FOR HEALTH INSURANCE! A recent study shows that a majority of people struggle to pay for health coverage. Let us show you how much you can save. Call Now for a no-obligation quote: 877-727-7420. You will need to have your zip code to connect to the right provider!

SAVE MONEY ON YOUR HEALTH INSURANCE! Affordable rate on Health Insurance. Let us show you what you can save. Call now! 833-357-2191

LOW COST HEALTH COVERAGE. Government subsidies available for families earning \$111,000 or less a year. See if you qualify. Call for your free quote! 1-877-727-7420

MISCELLANEOUS FOR SALE

NEED NEW FLOORING? Call today schedule a FREE in-home estimate on Carpeting & Flooring. Call Today! 1-866-892-5868

TOP CA\$H PAID FOR OLD GUITARS! 1920-1980 Gibson, Martin, Fender, Gretsch, Epiphone, Guild, Mosrite, Rickenbacker, Prairie State, D'Angelico, Stromberg. And Gibson Mandolins / Banjos. 855-754-3470

PAYING TOP CA\$H FOR MEN'S SPORT WATCHES! Rolex, Breitling, Omega, Patek Philippe, Heuer, Daytona, GMT, Submariner and Speedmaster. Call 844-741-0705

LOOKING FOR THE most complete listing of ND Media? ND Media Guide. Only \$25! Call 701-223-6397, ND Newspaper Association.

WANTED

TRUCK DRIVERS TO PULL GRAIN HOPPERS.

Must have valid CDL, verifiable experience, passport, be able to go to Canada, and have a professional attitude. A Quality Company looking for Quality Drivers.

Contact Ted at 800-624-8680, ext. 212 or 701-256-0402

DAHL TRUCKING Langdon, ND

CAVALIER
TIRE & FUEL

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LOOKING TO HIRE
SHOP
HELP

COMPETITIVE WAGE
AND BENEFITS.

CONTACT ALAN @
265-4633

or stop in for an application.

AUTOS

DONATE YOUR CAR TO CHARITY. Receive maximum value of write off for your taxes. Running or not! All conditions accepted. Free pickup. Call for details. 701-809-7415.

SERVICES FOR HIRE

PEST CONTROL: PROTECT YOUR HOME from pests safely and affordably. Roaches, Bed Bugs, Rodent, Termite, Spiders and other pests. Locally owned and affordable. Call for service or an inspection today! 866-892-7677 Have zip code of property ready when calling!

BATH & SHOWER UPDATES in as little as ONE DAY! Affordable prices - No payments for 18 months! Lifetime warranty & professional installs. Senior & Military Discounts available. Call: 877-482-4836.

Apartment for Rent
2 bdrm, 1 bath w/laundry and garage stall. Clean, quiet, no smoking.
\$520/mo + heat at
1323 3rd Street, Langdon
Call 701-370-8179.



REAL ESTATE FOR SALE

ND FARM LAND Values surge upward. Are you selling or renting? Pifer's Auction and Farm Land Management. Bob Pifer 701-371-8538. Kevin Pifer 701.238.5810. Free valuation.

MISCELLANEOUS

INJURED IN AN ACCIDENT? Don't Accept the insurance company's first offer. Many injured parties are entitled to cash settlements in the \$1000's. Get a free evaluation to see what your case is really worth. 100% Free Evaluation. Call Now: 701-505-8373

HAVE a news release or other information that needs to reach all ND newspapers? ND Newspaper Association can help! One call does it all. 701-223-6397.

HELP WANTED
PEMBINA COUNTY DEPUTY AUDITOR/TREASURER 2

Pembina County Auditor/Treasurer's office is seeking to hire a full-time Deputy Auditor/Treasurer 2. Applicants must be able to communicate effectively with members of the public, handle multiple tasks, prioritize importance of work, and meet deadlines in a timely manner. Work involves operation of various software programs and standard office equipment. Applicants will handle new hire orientation, preparation and processing of claims, preparation and processing of monthly payroll and related reports, and preparation and processing of all other annual reports. Applicants will assist in the processing of foreclosure notices, tax preparation and collection, elections, maintenance of fixed asset listing, and other essential office duties. Salary DOE. Full benefits package included. Complete job description and application may be found online at: www.pembinacountynd.com/employment SEND COMPLETED APPLICATION AND RESUME TO: Pembina County Auditor/Treasurer, 301 Dakota St W, #1, Cavalier, ND 58220 or emailed to lschlitt@nd.gov. Position open until filled. EOE.

HELP WANTED
FARMERS UNION in LANGDON

FULL-TIME Hardware Person
FULL-TIME Bulk Truck Delivery Driver
PART-TIME CStore & Kitchen Help

GREAT benefits package to FULL-TIME employment!
Stop by Farmers Union Oil in Langdon to fill out an application or contact Joe @ 370-2022

We're Hiring



Wedgewood Manor
CNA's *All shifts and statuses available.

Full Time:

• Housekeeper

Part-time:

• LPN/RN

• Activities Aide

• Dietary Aide

Pembina County Memorial Hospital

Full Time:

• Director of Patient Care, DON

• Dietitian - Flexible with Status

• Hospital RN*Sign on bonus available for full time status.

• Physical Therapist

• Occupational Therapist

• Radiologic Technologist - Flexible with status. Full/Part/Flex with rotating weekends

Part time:

• OR/ER RN

Flextime:

• Hospital RN

• RN Diabetes Nutrition Educator

• Clinic LPN/RN

We are passionate providers caring for our rural communities.
701-265-6329 or 701-265-6308 www.cavalierhospital.com



LIFE SKILLS & TRANSITION CENTER, Grafton

Direct Care Associate Positions

HIRING BONUS

\$1500 - \$2500
(Amount depending on experience)

Starting at \$18 per hour DOE

Benefits package includes:

- Fully paid family and individual health plans
- Annual and sick leave • Ten paid holidays per year

Join our team today!

Apply at:



www.omb.nd.gov/team-nd-careers/career-openings



CAVALIER COUNTY

is looking to purchase a shop building with the **MINIMUM** requirements of the following:

6,000 sq ft shop space, (2) 16' x 16' overhead doors,

6" or greater concrete floor with drains, water, power, & sewer

Located within a 2-mile radius of the City of Langdon



For further information and/or to submit bids, please contact Nick Moser at 701-370-8674



HELP WANTED:

Full-Time Position: Scanning/Computer Department

Responsibilities include:

Receiving product, Advertising Changes, Data Entry

Monday - Friday, with some early morning hours

Benefits Include:

Health & Dental Insurance, Paid Vacation, 401k/Profile Sharing

Please contact Dena or Curtis for an application! Leevers in Langdon



Ahntech is looking to fill a full time custodian position at the Pembina Port of Entry.

Wages start at \$26 an hour. Benefits included. Call Ahntech at 825-6225.

Ahntech



WE ARE HIRING!

Operations Support 1 - Langdon, ND

Under general direction, this role performs a variety of job responsibilities which may include delivery of fertilizer and chemical products to customers from the Unit office, equipment and plant maintenance work, and fertilizer blending.

Key Responsibilities:

- May assist with recordkeeping related to warehouse/inventory responsibilities.
- Performs varied responsibilities such as: equipment and plant maintenance including welding, pump and engine overhauls, painting, and general housekeeping responsibilities; loading and delivering fertilizer and chemicals to customers; operating equipment to blend fertilizer; monitoring product application by calculating amounts, calibrating equipment, controlling application rates, and cleaning and storing equipment after application process; receiving and unloading product and performing warehouse inventory and storage functions.
- Miscellaneous duties such as assisting with special projects, attending training sessions, providing back-up when needed, etc.

Typical Education: High school diploma or general education degree (GED) Relevant Experience 1+ years related experience and/or training Knowledge of basic farm equipment and operation. Skills: Ability to do a variety of tasks in succession, i.e., blending products together, loading a truck, and driving the truck to a farm.

Please APPLY at careers.simplot.com.

If you have any questions please contact Scott at 701-256-2815.



Dahl Truck & Auto is looking to hire qualified diesel technicians, duties would include but not be limited to:

- Diesel engine diagnostic and repair
- Brakes, suspension, electrical (wiring and lights)
- ABS system diagnostic and repair
- Preventative maintenance on trucks and trailers (oil changes – grease)
- Differential and transmission repair and replacement

Ready to join the team? Contact Ryan at 701-256-3930.

Langdon City Commission | Regular Meeting

January 8, 2024, at 6:00 p.m.

Commission members present Jerry Nowatzki, Lawrence Henry, Jim Rademacher, Darin Kaercher and Cody Schlittenhard. Department head present Jeff Hiller, Jason Busse, and Gary Bimler. Also, present Darren Gellner, Darol Hoffman, Kevin and Laurie Landsem, Sarah Hinnenkamp – Borderland Press, Quentin Wenzel City Attorney and RoxAnne Hoffarth-City Auditor.

Pledge of Allegiance – J. Nowatzki led everyone in the Pledge of Allegiance. Approval of Minutes: L. Henry made the motion to approve the minutes of the regular meeting on December 11th seconded by J. Rademacher. Motion carries. Additions to Agenda: Correspondence: Department Reports: Street: J. Hiller reported the sander had broken down, but he’s got it repaired. Fire Department: No Report. Water and Sewer: J. Busse reported things are running well. Activity Center: R. Hoffarth reported A/C memberships are the highest they have been in 6 years. Police Department: No Report. Auditors Report: R. Hoffarth reported that she, Jerry, Jim, and Quentin attended the last Cavalier County Water Board meeting to discuss the Mulberry Creek and Elgin drains. It was a goof informative meeting. Hoffarth also met with a few of the Water Board members today to figure out the special assessments that the

city has been paying. These funds are assessments for the maintenance of Mulberry Creek and Elgin Drains. Every other year the city must designate depositories of public funds which meet the pledge of securities requirements. C. Schlittenhard made the motion to designate Choice Financial, Farmers and Merchants Bank and Horizon Bank as depositories, seconded by J. Rademacher. Motion Carries. Hoffarth also explained the Pledge of Securities. C. Schlittenhard made the motion to approve the Pledge of Securities, seconded by D. Kaercher. Motion Carries. Unfinished Business Citywide Street Project – Project is still on the same schedule. We are on track to have another plan review in 2 weeks. Phase 1 - Sewer, Water, Storm Water Improvements – RD Project (Quam Construction) No update. East Water Tower Rehabilitation – The latest from the inspector is that they are finishing a current project before completing the Langdon inspection. The Langdon inspection can be completed without completely draining the tower. New Business Darren Gellner, Darol Hoffman, Kevin and Laurie Landsem- present to discuss the city-wide street project and industrial park. L. Henry explained that it is not included in the project because it does not benefit the residents and the largest property out there is tax exempt. Also, with all the trucks and heavy-duty vehicles

it wouldn’t be feasible to pave and maintain. New building permit review – We are working on a little more detail to be put on the building permits. The commission also commented that these will need to Commission approved before the project is started. Residents are going to need to plan and get their building permits more in advance of the project. Building Permits – #5423 Dennis Domagala – C. Schlittenhard made the motion to approve the building permit #5423, seconded by L. Henry. Motion carried.

•82178-82202/60907-60917 Payroll & Liab. | 55647.64 • 60918 GARY BIMLER | 3400.00 • 60919 ADVANCED BUSINESS METHODS | 252.01 • 60920 CAVALIER RURAL ELECTRIC COOP. | 582.88 • 60921 D & B MOTORS | 1282.58 • 60922 JOHN DEERE FINANCIAL | 232.77 • 60923 JOHNSON CONTROLS, INC. | 6140.00 • 60924 LANGDON BEAUTIFICATION COMMITTEE | 765.68 • 60925 LEXISNEXIS MATTHEW BENDER | 81.60 • 60926 MIDCONTINENT COMMUNICATIONS | 156.18 •

60927 MONTANA DAKOTA UTILITIES | 1353.80 • 60928 NORTHEAST REGIONAL WATER | 13044.40 • 60929 ONE-CALL CONCEPTS, INC. | 14.30 • 60930 RICHARD’S WELDING, INC. | 3855.20 • 60931 SAMSON ELECTRIC | 741.93 •60932 SIGN IT | 234.00 • 60933 T. R. WAIND INSURANCE & REALTY | 20134.92 • 60934 BOARDERLAND PRESS | 154.65 • 60935 WALHALLA BUILDING CENTER | 886.68 • 60936 WITZEL CONSTRUCTION LLC | 3475.50 •60937-60942 Payroll & Liab. | 777.38 •60943 ADVANCED BUSINESS METHODS | 252.01 •60944 ANDREW ST.VINCENT | 500.00 • 60945 BOARDERLAND PRESS | 256.75 •60946 C & M MARKETING | 70.00 •60947 CARQUEST OF LANGDON | 64.59 • 60948 CAVALIER COUNTY TREASURER | 22218.33 • 60949 CAVALIER RURAL ELECTRIC COOP. | 599.91 •60950 DACOTAH PAPER CO. | 457.95 • 60951 DAHL TRUCKING PLUS | 235.01 •60952 FARMER’S UNION OIL CO. | 3756.66 •60953 FISCHER LAND SURVEYING & ENGINEER | 3500.00 •60954 HIWAY LAUNDRY | 128.80 •60955 JENNIFER KROM | 500.00

•60956 LANGDON HARDWARE & RENTAL | 171.32 •60957 MAR-KIT LANDFILL | 2599.00 •60958 MARIA RYAN | 500.00 •60959 MIDCONTINENT COMMUNICATIONS | 166.18 •60961* MOORE ENGINEERING, INC | 171816.25 •60962 PETTY CASH CITY HALL | 284.00 •60963 POWERPLAN | 384.86 •60964 QUENTIN BRUCE WENZEL, PC | 1425.00 •60965 RDO EQUIPMENT CO. | 38200.00 • 60966 RICARD PLUMBING, HEATING & COOLIN | 377.44 • 60967 UNITED COMMUNICATIONS | 1258.01 •60968 VERIZON WIRELESS | 267.23 •60969 WASTE MANAGEMENT CORPORATE SERVIC | 29953.60 •60970 WAYNE GRATTON | 500.00

Review and Approval of Bills: J. Rademacher made the motion to approve all bills as presented, seconded by L. Henry. Motion Carries.

Adjourn: L. Henry moved to adjourn the meeting at 6:35 p.m.

Jerry Nowatzki, President
RoxAnne Hoffarth, Auditor

Received by The Borderland Press on Jan. 9



17TH ANNUAL TOY SHOW

Langdon Activity Center

516 10th Ave.

Langdon, North Dakota 58249

February 10th & 11th 2024

Friday

• EXHIBITOR SET-UP
• 7AM-4PM

Saturday

• EXHIBITOR SET UP 8AM- 9AM
• GENERAL ADMISSION
• 9AM-5PM

Sunday

• GENERAL ADMISSION
• 9 AM-3 PM

• CONCESSIONS WILL BE AVAILABLE

• BUY-SELL-TRADE

• GENERAL ADMISSION

\$5.00 For Adults

FREE IF UNDER 12

Lodging:

Langdon Motor Inn 701-256-3600

Cobblestone 701-256-2420

NW Land Owners

NORTHWEST LANDOWNERS ASSOCIATION

January 17-18th 2024

Bismarck Hotel and Conference Center

NWLA will be hosting an educational Conference on January 17-18th 2024, as an opportunity for its members and the general public to learn more about landowner issues related to our constitutional rights. Registration begins at 8 a.m. on January 17th. This event is \$25 for all current 2024 NWLA members and \$150 for Non-Members. Lunch will be served. CLE Credits Available Upon Request. Pre-register as seating may be limited.

2024 CONFERENCE

on our Constitutional Rights

Great lineup of nationally recognized speakers with a wide range of topics!

Topics:
Carbon sequestration - Takings and pore space litigation - 4th Amendment search and seizure issues for landowners - Constitutional considerations: Market value multipliers for just compensation in eminent domain litigation - Background of 5th Amendment and Takings Claims
More information Available:
nwlandowners.com
Troy Coons 701-721-4255
northwestlandownersassociation@gmail.com

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Coop Oil Company

C-Store • Fuel • Gas • LP

Sprayer Parts

Parts • Filters • Oil • Tires

Hydraulic hoses made to specs

Cropland Seed

549-2527

ST. ALPHONSUS

SAINTS

St. Alphonsus Preschool and Pre-K Registration

Registration will open at 8 a.m. on Tuesday, Jan. 23 in Principal Hope's office on the second floor of St. Alphonsus School. There is a registration form to fill out and \$30 registration fee due at the time of registration.

Preschool - 3 year old group. Must be 3 by July 31 and fully potty trained.
Pre-K - 4 year old group. Must be 4 by July 31.

Questions? Contact: Principal Carrie Hope, 256-2354 or email carrie.hope@k12.nd.us

Cavalier County Transit Calendar							
January 2024	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	14	15 Closed for Martin Luther King Day	16 Grocery Delivery	17 Grand Forks Run Leevers Run - 1P.M.	18-Update on Elder Law and Estate Planning” Presentation – 10am	19 Footcare 8 A.M -3 P.M. Dollar General Run 1 P.M.	20
	21	22 Devils Lake Run or Grand Forks Run	23 Grocery Delivery	24 Grand Forks Run Leevers Run - 1P.M.	25	26 Dollar General Run 1 P.M.	27
	28	29 Devils Lake Run	30 Grocery Delivery	31 Leevers Run - 1P.M.	1 Bonco - 12:30pm	2 Dollar General Run 1 P.M.	3
	4	5 Devils Lake Run	6 Grocery Delivery	7 Grand Forks Run Leevers Run - 1 P.M. Footcare 9 A.M -3 P.M.	8	9 Dollar General Run 1 P.M.	10
February 2024	11	12 Devils Lake Run or Grand Forks Run	13 Grocery Delivery	14 Grand Forks Run Leevers Run - 1 P.M.	15 “Healthy Living” Presentation – 10am Bonco - 12:30pm	16 Dollar General Run 1 P.M.	17

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Giving Hearts Day set for Feb. 8

Giving Hearts Day is less than a month away and that means a lot of last minute preparations for the 600+ participating charities. Giving Hearts Day is Thursday, Feb. 8. Gifts of \$10 or more will be matched. Donate at GivingHeartsDay.org on Feb. 8 or get a check to your favorite non-profit with "Giving Hearts Day" in the memo line. They need to be received by the charity on or before Feb. 8. The organization has promoted that early giving is now open at GivingHeartsDay.org.

Giving Hearts Day is the largest 24-hour giving event in North Dakota and northwestern Minnesota. Last year, nearly 42,000 donors raised \$26.1 million for the participating non-profits. The nonprofits are required to find at least \$3,000 in match donations to participate.

Participating area charities include:

- Frost Fire Park
- St. Alphonsus School
- Northern Lights Arts Council
- Growing Hope in Pembina County
- Pembina County Memorial Hospital Foundation
- First Care Health Center, Park River
- Good Samaritan Society, Park River
- Park River Bible Camp
- Turtle Mountain Animal Rescue

Statewide charities include:

- 4-H Foundation of North Dakota
- Adult and Teen Challenge, North Dakota
- American Cancer Society North Dakota
- American Diabetes Association – North Dakota
- American Foundation for Suicide Prevention
- Arthritis Foundation of north Dakota
- Catholic Charities North Dakota
- Cystic Fibrosis Association of North Dakota
- Designer Genes of North Dakota
- DMF – North Dakota Academy of Family
- Ducks Unlimited – North Dakota
- Eastern North Dakota Synod, ELCA
- Family Voices of North Dakota
- Impact – North Dakota Open Foundations
- Impact – Support Our Veterans (SOV) Fund
- Make-A-Wish North Dakota
- Nexus-PATH Family Healing
- NDAD – North Dakota Association for the Disabled
- North Dakota Association of the Blind
- North Dakota Autism Center, Inc.
- North Dakota Dental Foundation
- North Dakota Family Alliance
- North Dakota Farm Bureau Foundation
- North Dakota FFA Foundation
- North Dakota Museum of Art
- North Dakota Petroleum Foundation
- North Dakota Safety Council
- North Dakota Skateboarding Association
- North Dakota State College of Science Alumni Foundation
- North Dakota State University School of Nursing
- North Dakota Stockmen’s Foundation
- North Dakota United Foundation
- North Dakota Veterans Cemetery Foundation
- North Dakota’s Gateway to Science
- Optometric Foundation of North Dakota
- Prevent Child Abuse North Dakota
- Special Olympics North Dakota
- State Historical Society of North Dakota
- Tobacco Free North Dakota
- University of North Dakota Alumni Association Foundation
- Western North Dakota Honor Flight



Giving Hearts Day

News Briefs

From the Borderland Radio News Center

Sjodin story highlighted on “20/20”

The murder and investigation of University of North Dakota student Dru Sjodin is scheduled to be the topic discussed in the Jan. 12 episode of “20/20”. Sjodin, 22, was abducted outside of the Columbia Mall and murdered in 2003. The subsequent investigation led to the conviction of Alfonso Rodriguez Jr. in 2006.

Naloxone made available to N.D. Medicaid members

North Dakota Health and Human Services (HHS) has issued a standing order making the life-saving drug naloxone available at no cost to North Dakota Medicaid members. Naloxone is a medication used to block or reverse the effects of an opioid overdose.

FM Bank accepting donations for Illerbrunn

While the GoFundMe fundraiser for Langdon resident Garrett Illerbrunn and his family continues, people who wish to donate have a second option at FM Bank in Langdon. Illerbrunn was seriously injured in a drone bombing attack in Iraq on Christmas Day. He is a 2001 graduate of Langdon Area High School.

Federal search warrants unsealed in Fargo shooting case

Previously sealed federal search warrant applications were unsealed on Friday, Jan. 5 The documents pertaining to the mass shooting in July include the report of an interaction between the Cass County Sheriff’s office and Mohamad Barakat just weeks prior to the fatal shooting of Jake Wallin on July 14 . The warrants also detail

items observed at the shooting scene as well as a modified grenade and other.

New details released in Petersburg bus crash

New details have been released in the Sept. 14 bus crash outside of Petersburg. The North Dakota Patrol says “distracted driving” is most likely the cause for why Archie Gronvold, 68, of Barton collided with a school bus carrying the Hatton-Northwood Volleyball team last fall. It’s estimated both Gronvold and the bus were both going 65mph when they collided. Gronvold died at the scene. Twenty-five volleyball players, the bus driver and a coach were all injured in the crash.

Nominations for County Teachers of the Year being accepted

The North Dakota Department of Public Instruction is once again accepting nominations for the annual North Dakota County Teachers of the Year Awards. Nominations must be submitted by Feb. 9.

N.D. Republicans plan convention

The North Dakota Republican Party has announced they will be holding its 2024 convention in Fargo on April 5 and 6, with former Arkansas governor Mike Huckabee scheduled to be the keynote speaker.

Trygve Hammer Announces Candidacy in N.D. Congressional race

Trygve Hammer, former candidate for Public Service Commission, announced his candidacy for the U.S. House of Representatives. Hammer is a democrat and will run against incumbent Kelly Armstrong, who is reportedly running for reelection.

Baesler seeks re-election as Superintendent of Public Instruction

State School Superintendent Kirsten Baesler announced Wednesday she will run for re-election as North Dakota’s superintendent of public instruction, an office that oversees education in grades kindergarten through 12. Baesler, 54, is a resident of Mandan and a native of Flasher, a rural Morton County community. She was first elected superintendent of public instruction in 2012, in her first run for statewide office.

District 9’s Weston reacts to Judge’s order

U.S. District Judge Peter Welte on Monday ordered a new district map to be used after lawmakers failed to come up with their own redistricting plan by the Dec. 22 deadline. Welte ruled a previously proposed map back in 2021 known as Map 2 will be used for the 2024 election. This map will affect Districts 9, 15, and 14, and further eliminates sub-districts 9A and 9B.

“I’m disappointed, said Kent Weson, District 9 senator. “I don’t believe it was the right decision. But I’m not surprised because of what he had said before. You know, I truly believe that the people from the Legislature in ‘21 did do the right thing, that they considered all involved and this certainly complicates things for us as a Legislature, but we will work with the decision that he made.

Weston began to serve in the North Dakota Senate after the 2021 redistricting.



Card of Thanks

The Christmas Dinner Committee would like to extend a thank you to everyone who donated food (turkeys, hams, salads, and desserts), to the many volunteers who helped set up, decorate, serve the food, take down tables, and who helped with the clean up. Your willingness to give your time and service is greatly appreciated. A special thank you to the community members and their families for spending your Christmas Day with us and for your donations. Your support of the Christmas Dinner allows us to continue to fulfill our mission and serve the people in our community each Christmas Day.

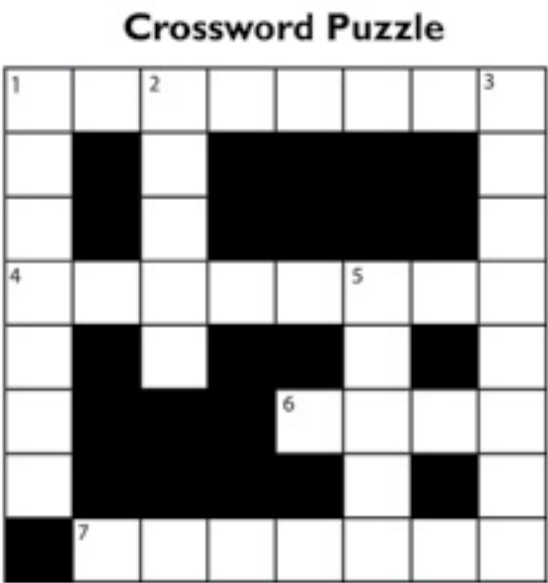
Thank you, and God Bless!



BOOK FACT:

A CHILD BETWEEN THE AGES OF 9 AND 11 WHO READS THIS MANY BOOKS IN A YEAR IS CONSIDERED A FREQUENT READER.

ANSWER: 44



ACROSS

- 1. Resting
- 4. Represented
- 6. Food enjoyed on Tuesday
- 7. Short novel

DOWN

- 1. Enjoying a book
- 2. Illumination providers
- 3. Type of flower
- 5. Path

1. Reading 2. Lamps 3. Gladtiola 5. Trail
Down
1. Relaxing 4. Depicted 6. Taco 7. Novella
Across

Answers:

THIS DAY IN... HISTORY

• 1759: THE BRITISH MUSEUM OPENS TO THE PUBLIC.

• 1870: A POLITICAL CARTOON DEPICTS THE DEMOCRATIC PARTY WITH A DONKEY FOR THE FIRST TIME.

• 1889: THE COCA-COLA COMPANY, THEN KNOWN AS THE PEMBERTON MEDICINE COMPANY, IS INCORPORATED IN ATLANTA.

New Word

GLOSSARY

alphabetical list of terms in a book

CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to computers. Each number corresponds to a letter. (Hint: 1 = E)

A. 20 11 5 11
Clue: Information

B. 14 1 14 15 4 13
Clue: Storage capacity

C. 16 10 12 1 22
Clue: Containers for storing information

D. 22 1 4 17 1 4
Clue: Provides service to another computer

ANSWERS: A. data B. memory C. files D. server

How they SAY that in...

ENGLISH: Page

SPANISH: Página

ITALIAN: Pagina

FRENCH: Page

GERMAN: Seite

Did You Know?

THE FIRST BOOK TO SELL ONE MILLION COPIES IS BELIEVED TO BE "UNCLE TOM'S CABIN" BY HARRIET BEECHER STOWE. IT WAS WRITTEN IN 1852.

GET THE PICTURE?

Can you guess what the bigger picture is?

ANSWER: STACK OF BOOKS

SHOW WINTER WHO'S BOSS.

- Honda Snowblowers
- Batteries
- Alternators
- Generators
- Starters

MADE TO SPEC:

- Hydraulic Hoses • A/C Hoses • Battery Cables
- Air Brake Hoses • Fuel Lines

FILTERS OF ALL KINDS
Batteries • Alternators • Starters

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Views from the Borderland

Teams from around the region participated in a 3-on-3 tournament in Cavalier on Saturday, Jan. 6.

Photos by Larry Stokke.



3-ON-3 BASKETBALL TOURNEY



Sophia Beck from Grand Forks, granddaughter of Lori and Nathan Beck from Munich, played in the 3-on-3 Tourney in Cavalier. Photo by Larry Stokke.

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