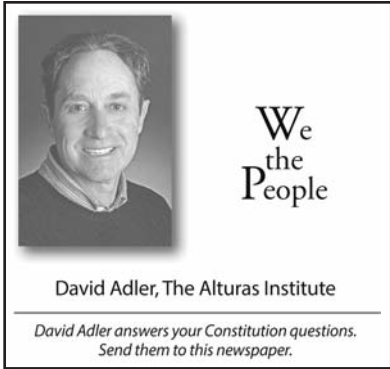


Summoning Whitman, Yeats and Holmes to revive America’s democratic spirit

The preservation of our constitutional system rests on three foundational predicates: government has only that power granted to it by the Constitution, governmental officials will obey the Constitution and the laws of the United States, and the judiciary is the final arbiter of the meaning of the Constitution. In the past week, President Donald Trump has broken ranks with the historical practice of presidential compliance with judicial rulings, including those they have considered mistaken, when he brazenly defied four federal court orders, the effect of which is to subvert the judicial system, lay waste to constitutional cornerstones and confirm fears among legal scholars that Trump has no respect for the rule of law. White House border czar, Tom Homan, spoke for the Administration: “I don’t care what the judges think.” Homan’s bone-chilling words have raised, squarely, the question of whether the American Constitution and the rule of law will hold.

President Trump’s violation of his oath to preserve and protect the Constitution, and his solemn duty to “Take Care” to faithfully execute the laws--essentially the subversion of the rule of law-- has prompted additional questions from readers about the tools they possess to hold governmental accountable, an overarching, bipartisan responsibility of the citizenry, at every juncture, no matter who sits in the White House. The preservation of constitutional government, built upon republican principles and values, means that the phrase-- “freedom, liberty and the rule of law” --to borrow from Justice Oliver Wendell Holmes, must become a “fighting faith.” Holmes was referring to the intense passion of ideas that reflect one’s most heartfelt desires and wishes, those that you



fervently want to be enshrined in law and policy.

Those citizens fighting passionately for freedom, liberty and the rule of law will not, in the words of Walt Whitman, America’s poet of democracy, resemble those “with hearts of rag and souls of chalk.” Those afflicted with a moral indolence that renders them indifferent, say, to violations of freedom of speech and press and due process, executive aggrandizement and legislative abdication. “Tyranny may always enter,” Whitman warned, “there is no charm, no bar against it--the only bar against it is a large resolute breed of men.” Whitman’s admonitions reflect those of the founders, including those from Thomas Jefferson, whom he deeply admired. There was hope among those who launched our republic that an educated and virtuous citizenry, engaged, as Jefferson said, in “eternal vigilance,” could preserve our liberties. As James Madison asked, rhetorically, who more than the people themselves have a greater incentive to protect the Constitution that protects their liberties.

“The exercise of Democracy,” Whitman believed, could save democracy. American citizens possessed the tools, indeed, the means and rights, to defend and preserve democracy through the creation of a “large resolute breed of men,” who

act as individuals but also as a community. To be sure, Whitman’s aspirations, undercut in his later years by societal indifference to democratic principles, nonetheless did not want the “Democracy of human rights” to be reduced to mere “humbbug.” Nor should we.

William Butler Yeats’s, “The Second Coming,” written in 1919, amid the hopelessness of the post-World War I Europe, shares his fear of an impending apocalypse and the end of civilization. Yeats wrote that “Things fall apart,” as “Mere anarchy is loosed upon the world,” so too, the “blood-dimmed tide,” and in the face of this assault, “innocence is drowned,” while “the best lack all conviction.” In the end, “what rough beast, its hour come round at last, Slouches toward Bethlehem to be born?” We should want “the best” to find their “fighting faiths” to revive the spirit of democracy, fight for governmental integrity, protect human dignity and prevent the “blood-dimmed tide” from being “loosed” to drown American constitutionalism.

There is within the citizenry the seeds of an alliance, one to be forged among advocates of civil liberties, the rule of law, and democratic processes for determining the policies of the nation, to hold government accountable. Steadfast purpose and crucial compromises can be spurred by the approaching “blood-dimmed tide.” Those filled with a “fighting faith” can rally the citizenry and lead through the “exercise of Democracy.” The starting point is discussion of the importance to Americans and America of the rule of law, which we undertake next week.

*Sponsored in part by Humanities North Dakota
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Try these tips to save money on food

“You can scrape that bowl a little better,” my mother would say to me. I would keep scraping to get the last bit of dough out of the bowl.

“Auntie Christina was the best at cleaning out bowls,” she’d add.

My great-aunt Christina was a first-generation American who raised all of her siblings when her mother (my great-grandmother) died at age 40. I am sure that scraping and scrimping was part of her life. In her twilight years, she lived with my family.

Unfortunately, I was only two when she passed away, but her lessons were passed down to me.

Older generations were quite adept at stretching food dollars. They did not have the luxury of large grocery stores with easy-to-make food mixes. They cooked more basic recipes and used what they had on hand to make meals. My great-aunt lived a very long life.

Every now and then, I look over my vintage World War II-era cookbooks, which are now more than 80 years old. During wartime, foods like sugar, coffee, canned food, eggs, meats, cheese and fat were rationed.

Growing “victory gardens” during times of war became a way to ensure your family had healthful food. Gardening is an excellent idea now, as food prices likely will continue to increase. Packs of seeds are inexpensive compared with the potential bounty you could harvest.

Earlier generations preserved their harvest through canning, drying, pickling and freezing. However, I do not recommend following old canning recipes because modern equipment and methods are much safer. If you have Great-Grandma’s canning recipe in her handwriting, save it as a keepsake — don’t use it.

During World War II, much of the food preservation information was overhauled; since then, the guidance has been regularly updated with scientific advancements. Once you invest in jars for canning, you can continue using them as long as they



are not chipped or cracked.

Consider these tips to save some money on groceries:

Plan your meals. My 1940s cookbooks included the meal plan for the week, and that’s a good idea for any generation. Having a “road map” for home food preparation helps you reduce the temptation of stopping at a drive-through on the way home.

Limit the amount of food that you waste. Earlier generations used their “planned-overs” in later meals to make soups, stews and sandwiches.

Consider composting with your vegetable and fruit peelings to make your own “fertilizer” to nourish your plants in the future. Consider building or investing in a compost bin. NDSU Extension has a basic “How to Compost” guide to get you started.

Check out the sales ads. Buying fresh fruits and vegetables in season will save you money, plus you will enjoy higher quality fresh produce. Frozen and canned fruits and vegetables are another nutritious option. Remember, all forms of produce count toward the recommended 4 ½ cups per day.

Look for discounts and sign up for rewards in stores, where you might earn discounts or money back. If items are “Three for \$2,” be sure to check if you can buy one at the sale price. Usually, you can.

Use coupons on items that you normally buy. Consider buying in quantity to save money. Avoid buying items you really do not like. Rice and beans are bargain-friendly options with a long shelf life.

Check your grocery receipt for any errors. Make a mental note of food prices as you shop and watch the register to be sure the sale price shows up. Save eating out as a special treat

April Fools

(Continued from Page A2)

throughout the country. During World War II, this act was developed under FDR’s campaign to “promote the national security and defense by establishing daylight saving time.” Passed in January, 1942, it was to expire six months after the end of the war or at an earlier date, as the U.S. Congress saw fit.

In North Dakota, farm groups and farm members of the Senate and house pushed the legislation through. Though he opposed the bill, Governor Moses signed it, because it was the desire of the majority.

It didn’t make the time shift any easier, though. To top it off, railroads, the great proponent of time

zones, still followed their own schedule. So did other specially timed events, such as radio shows.

Newspapers cautioned, "Greatest confusion will come in meeting train schedules, for all railroads continue to operate under the old time. To board the N. P. east bound train at 11:40 a.m., we must remember it will be 10:40 by our time; knock off an hour and beat it for the depot. ...In all your calculations beginning with today, be sure to reckon with the old time as regards radio and train schedules."

It must have made for a very confusing April Fools’ Day. “Dakota Datebook” is a radio se-

ries from Prairie Public in partnership with the State Historical Society of North Dakota and with funding from the North Dakota Humanities Council. See all the Dakota Datebooks at prairiepublic.org, subscribe to the “Dakota Datebook” podcast, or buy the Dakota Datebook book at shopprairiepublic.org.

Place your ad here!
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City of Bisbee

The City of Bisbee Tax Equalization meeting scheduled for April 3, 2025 at 7:00 p.m. at City Hall in Bisbee.

March 15, 22 and 29, 2025

Township Meeting

The annual meeting for Armourdale Township will be March 31 at 10 am at the Myron Jacobsen home.

March 22 and 29, 2025

Township Meeting

The Twin Hill Township annual meeting will be on March 31 at 7 p.m. at the Bruce Rinas residence.

March 22 and 29, 2025

Township Meeting

The Bethel Township will have their equalization meeting on April 3 at 10:30am at the Towner County Courthouse.

March 22 and 29, 2025

Township Meeting

The Crocus Township equalization meeting will be on April 3 at 10 a.m. at the Cando Courthouse.

March 22 and 29, 2025

Township Meeting

The Gerrard Township equalization meeting will be on April 3 at 11 a.m. at the Don and Lorna Halverson residence.

March 22 and 29, 2025

Township Meeting

The Lansing Township equalization meeting will be on April 1 at 2 p.m. at the Ed and Penny Krumwiede residence.

March 22 and 29, 2025

Township Meeting

The Monroe Township will have their Equalization meeting April 3 at 9:30am at the Courthouse.

March 22 and 29, 2025

Township Meeting

The New City township annual meeting and tax equalization meeting will be on April 2, at 7:30 at 5549 Highway 66.

March 22 and 29, 2025

Township Meeting

The Paulson Township tax equalization meeting will be held on Wednesday, April 2, 2025, at 11 a.m. at the Towner County Courthouse.

March 22 and 29, 2025

Township Meeting

The Sorenson and Grainfield townships equalization meeting will be on April 1 at 11 a.m. at the Todd and Kathy Oakland residence.

March 22 and 29, 2025

Township Meeting

The Twin Hill Township equalization meeting will be on April 1 at 7 p.m. at the Bruce Rinas residence.

March 22 and 29, 2025

Township Meeting

The Virginia Township equalization meeting will be on April 1 at 5:30 p.m. at the Chris McConnell residence.

March 22 and 29, 2025

Egeland Fire Dist.

The Egeland Rural Fire Protection District meeting will be March 31 at 7pm at the Egeland Fire Hall.

March 22 and 29, 2025

Township Meeting

The equalization meeting for Armourdale Township will be April 7 at 6:30pm at the Rock Lake City Hall.

March 29 and April 5, 2025

Township Meeting

The Howell Township equalization meeting will be on April 3 at 5 p.m. at the Carl Peters farm.

March 29, 2025

Township Meeting

The Mountview Township equalization meeting will be on April 7 at 5 p.m. at the Rock Lake City Hall.

March 29 and April 5, 2025

Township Meeting

The Victor Township equalization meeting will be on April 8 at 3 p.m. at the Towner County Courthouse.

March 29 and April 5, 2025

City of Rock Lake

City of Rocklake Tax Equalization meeting will be April 7 at 7PM at Rocklake City Hall.

March 29 and April 5, 2025

Board of Equalization

Notice is hereby given to the citizens of the City of Cando that the City Council and the Tax Assessor will meet as a Board of Equalization on April 15, 2025 at 6:30 p.m. The meeting will be held in the Commissioners Room at the Towner County Courthouse located at 315 Second Street, in Cando.

March 29, 2025

City of Cando

Minutes of the Cando City Council

The Cando City Council met on Tuesday, March 18 at the Towner County Courthouse. Councilors Bjornstad, Halverson, Olson, Klingenberg and Scott were present, with Mayor Bjornstad presiding. Councilor Miller was absent. The evening started at 6:00 p.m. with a meeting for the residents that live on 5th Avenue who will be affected by the next part of the Sewer Project. When that meeting was completed, the council began their regular meeting at 7:00 p.m.

A motion was made by Councilor Klingenberg and seconded by Councilor Scott to approve the agenda. All voted aye and the motion passed.

Motion by Councilor Bjornstad and seconded by Councilor Olson to approve the minutes as written. All voted aye and the motion passed.

5th Ave Residents' Meeting: Plans for the next part of the Sewer Project were presented by Brad Muscha of Moore Engineering for when construction resumes. Muscha told everyone the plans for bringing the sewer pipe out from under the residents' properties to the street, what the timeline would be for this part of the job and what would be done for the people who live in the affected area. When Brad finished his presentation, there was a question-and-answer period for the residents and council members.

Old Business: Once the 5th Avenue Residents' meeting ended and the regular council meeting began, Brad let the council know that BEK would like to have a kick-off meeting on April 15, before construction starts up again. Muscha then went to the next part of his agenda, which included an update on the 4th Avenue Water Main Project and presenting the council with the plans for this project. Although he noted that some minor changes needed to be made, he said that these plans were 99% done and would be considered the final ones. Brad then went on to tell the council that the ads for requesting bids for this project will be running in the Grand Forks Herald and Towner County Record Herald by the time these minutes are printed. The bid date for the project is April 10 and will close at 11:00 a.m., with the public reading of the bids being done at 11:15 a.m. There was a discussion about funding the project, and Brad said that the financial documents should be ready to sign at the June meeting. Once Muscha finished his update on the 4th Avenue Water Main Project, there were some motions that needed to be made. A motion was made by Councilor Olson and seconded by Klingenberg to approve the final plans for the 4th Ave Water Main Project. All voted aye and the motion passed. The next motion that was made was to advertise the bids for the 4th Ave Water Main Project. Councilor Bjornstad made the motion which was seconded by Councilor Olson. All voted aye and the motion passed. The last motion that needed to be done for this project was to submit Reimbursement Request #1 to the State Water Commission. Councilor Olson made the mo-

tion, and Councilor Scott seconded it. All voted aye and the motion passed. Brad ended his presentation by letting the council know workers from Moore Engineering will be back in town tentatively the first week in April to help people complete the Lead Line Survey that weren't done the first time. Also, there will be a Public Meeting before the Council meeting in May regarding funding for replacing lead pipes. More information about this meeting will be available as the date comes closer. After discussing the insurance coverage for the Pavilion and the Bathhouse at the campground, a motion was made by Councilor Bjornstad and seconded by Councilor Scott to upgrade the coverages on both of those properties with the estimated premium on the Pavilion coming in at \$206 and the estimated premium on the Bathhouse being \$66. All voted aye and the motion passed. After seeing that part of the employee insurance that is with Colonial Life coming in much higher than was expected, a motion was made by Councilor Olson and seconded by Councilor Bjornstad to go back to Blue Cross Blue Shield starting May 1 and provide the employees with a single vision and dental. All voted aye and the motion passed.

New Business: The council received a petition from Northern Plains Electric to annex the Northern Plains Addition (their pole yard) to the City of Cando. Seth Syverson, the General Manager, told the council they plan to move the office and yard to that location. He said they ideally would like to sell the current spot once everything is set up in the new location. They have already talked to the Planning and Zoning Committee about these plans and have received approval from the State on where the approach/driveway will be. A motion was made by Councilor Klingenberg and seconded by Councilor Olson to accept the petition to annex the Northern Plains Addition into the City of Cando limits. All voted aye and the motion was passed. Ordinance 031825: Ordinance Extending and Increasing Corporate Limits of City was given its first reading at this meeting. A motion to cover fund changes as needed was made by Councilor Olson and seconded by Councilor Bjornstad. All voted aye and the motion passed. The CD at Bravera Bank is coming up for renewal and the council decided that they would like to redeem it. The financials for January were acknowledged.

Open Committee: Councilor Klingenberg told the council that the curb in front of Gordy's Bar is gone. This is the city's responsibility to replace it, and the council discussed replacement options. Councilor Olson shared that the clean-out from the hospital has rubber gloves and wipes in it which can cause damage to the infrastructure. The hospital will be contacted about the issue. Councilor Bjornstad said that there has been an issue with a lot of cats roaming around 4th Ave, but they think they have an idea where they're coming from. Councilor Halverson said that there is something going on with the street by the cul-de-sac where he lives. Apparently, it was dug up in the past to see if there was an issue, but there didn't seem to be a problem. The thought is that maybe they did not dig deep enough. Halverson also asked if there was an update on the search for an Auditor, which there was not.

A motion to pay the bills was made by Councilor Olson and seconded by Councilor Miller. All voted aye and the motion was passed.

Bills for Approval for March 7, 2025

Salaries PP#5	\$5,446.98
Northern Plains Electric	5,597.48
ND Child Support	854.78
ND Telephone	385.25
Towner County Record Herald	760.65
Runnings	96.75
Capital Guardian Trust	722.26
One Call Concepts	6.00
Advanced Business Methods	95.02
TC Auditor/Treasurer	20,128.08
Banyon Data Systems	595.00
Verizon	125.09
BCBS	5,094.64
Visa	387.77
Circle Sanitation	16,331.80
Colonial Life	327.10
Cando Home & Hardware	102.86
Standard Insurance	34.80
Dakota Imp./Napa	22.99
281 Spirit Shop	204.79
Lane Pederson	1,300.00
USPS	1,000.00
Northeast Regional Water	13,113.09
Total	72,733.18
Bills for Approval for March 18, 2025	
Salaries PP# 6	\$6,706.15
Legacy Coop	4,643.85
ND Child Support	854.78
Houtcooper Imp	376.79
Visa	34.00
Time Clock Plus	38.50
First State Bank of Cando	7.00
Decorated Wearables	260.02
Column Software PBC	310.08
AE2S	450.00
Verizon	125.09
HE Everson	9.86
GF Utility Billing	104.00
D&R Tire	2,264.94
Mid-Land Excavating	2,532.06
Total	18,717.12

At 8:33 p.m., the meeting was adjourned. Kathy Rance, Recorder

March 29, 2025

GOT NEWS?

To keep former Cando residents, students, and locals who don't "do" social media up to date on the happenings in our community, call the Record Herald to schedule an interview. We'll visit with you as soon as possible and feature your social events, accomplishments, and other news.

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*2024 North Dakota State Study, Conducted by Coda Ventures