

Thoughts To Ponder

I found myself with writer's block this week as I sat down to write my column. That happens to all of us sometimes. I think I've had a bit of what Amanda sent me as her new word of the week last week. She sent me a picture of the word "exhausterwhelmulated". It was defined as "the feeling of being exhausted, overwhelmed and overstimulated all at once. After she sent it to me, I saw it shared by several of my friends

What a word. The combination describes the sensations that many of us feel right now. We get exhausted, sometimes because we are trying to do too much or not taking enough time for ourselves. We get overwhelmed, often because of the same issues. We also get overwhelmed when we feel like we have lost control or we are faced with challenges and changes that we don't like. Overstimulated...that's a tough one to define but maybe it helps if we

look at it as sensory overload.

Combine those three words together and all of those feelings and maybe that's why some days we just can't. You know what I mean. It's the day where you feel like just one more thing will push you over the edge. It might be the day where you can't seem to find the ambition to start on something else or finish what you are doing. It might be the day where you just want to stay home and curl up with a good book and close out the world around you. I think when we get to that point, we need to take a mental health break and

So, as I was trying to decide what to write my column about, that word kept running through my brain. Along with that was a post I saved a while back from Facebook. Attributed to @jayyanginspires, it seems to go along the same process. It's titled 15 Sentences That Live In My Head Rent Free. It takes a second look at some of the preconceived notions we have about life and things we've been told most of our lives. See if you see yourself or something that is holding you back in any of them.

Fear doesn't stop death; it stops life.

If it costs you your peace, it's too expensive.

- People only see the decisions you made, not the choices you had.
- 4. Never take criticism from someone you wouldn't take advice from. 5. The magic you're looking for is in the word you're avoiding

6. Ships are safe in the harbor, but that's not what they're built for. 7. Ambition with action turns into anxiety.

8. To live a life most people don't, you must be willing to do what most eople won't.

9. You can do anything, but not everything - focus.

10. If you want to make the wrong decision, ask everyone.

11. Those who don't move won't notice their chains.

But Article II of the U.S. Constitution vests executive powers in the President. It makes him the commander in chief and requires the President to 'take Care that the Laws be faithfully executed." Laws passed by Congress can also give additional powers to the President.

While an executive order can have the same effect as a federal law under certain circumstances, Congress can pass a new law to override an executive order subject to a presidential veto.

Using executive orders as political humbug, the Biden administration did its best to foil and complicate Trump's transition into his second term in the White House. What was Trump to do? Experience from his first term taught Trump valuable lessons he never forgot.

In Trump's first week in office over 350 executive actions (orders, memoranda, and proclamations) were issued. Many of these actions revoked Biden's executive orders and even actions by former presidents. Trump revoked some of Lyndon Johnson's executive orders. By any other terminology, this was known as "cleaning house."

Trump moved so fast that his opponents had no time to regroup. What appears to be overwhelming would be normal in Trump's world. The rapidity with which he issued his executive actions on his first day took the world by surprise. But then he had been preparing for this day even before his election. Trump had his transition team in place before he was elected. Rather than wait until inauguration day and the availability of federal funds, he set up his team in advance paying for the transition team out of his own pocket. He started early, worked fast, and money was no obstacle. Plus, there were no government money strings attached, and the team members eventually became his cabinet nominees. Perfect.

The question has been asked, "Are Trump's executive orders any way to

- 12. It's okay to live a life most people don't understand. 13. If someone could only see your actions and not hear your words, what would they say your priorities are?
 - 14. You can't have a new reality with an old mentality.

No risk, no story

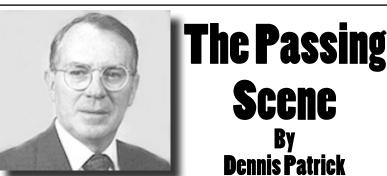
An Easy Way To Make A Difference A special drive is underway at Stanley Schools. The Stafslien family and Stanley Schools invite the community to participate in the 1st Annual Stuffed Animal Drive in honor of Harper Rose Stafslien over her birthday.

From February 3 through 7 you can bring a new stuffed animal to either school office to be donated to local hospitals for children who need support during a hospital stay, ER visit, etc.

As an added bonus, Jacob Hellman had this post on Facebook: "Do you want to help in a great cause AND see me in a Mohawk again? Well, boy, do I have great news for you! Our school will be putting on a stuffed animal drive in honor of Harper Stafslien. I have promised to shave a pink and purple mohawk if the school can raise 250 animals. Let's meet (and exceed) this number to make me look ridiculous again! You can drop off animals at the school at any time. I will also take any money donations and purchase stuffed animals. Let's rock the hawk!!'

If you need another reason to consider donating, this might be just it. Jacob is one of those teachers that loves to take on special causes and then offer to do something like this. I'm not going to lie. I'm pretty sure I need to either donate or go get some stuffed animals just to see that happen again.

Meanwhile, it's a beautiful way to remember a little girl that made a huge impact in a short period of time. This drive is a great way to remember her and also help other small children at a time when they are scared. It's an easy way to make a difference in the life of a child.



How many executive orders did President Trump sign? By what authority does he execute executive orders? Are executive orders even constitutional? Here are some answers.

Government By Executive Order

An executive order is a presidential action that directs federal agencies on how to operate. It carries the effect of law if it is in keeping with constitutional powers. Executive orders can also revoke or amend previous orders. Presidential actions also include memorandums and proclamations.

The constitutional basis for the executive order is the President's broad power to issue executive directives. According to the Congressional Research Service, there is no direct "definition of executive orders, presidential memoranda, and proclamations in the U.S. Constitution; there is, likewise, no specific provision authorizing their issuance."

govern? Isn't this the behavior of a dictator?" No, it is not the behavior of a dictator. If anything, it is business as usual.

Trump's use of executive orders is not without precedent. Every President since George Washington used the executive order power in various ways. Washington's first orders were for executive departments to prepare reports for his inspection, and a proclamation about the Thanksgiving holiday. Following Washington, other Presidents made significant decisions via executive orders and presidential proclamations.

Here is a laundry list of American presidents using executive orders and other executive actions: Joseph Biden 160, Donald Trump (1st term) 220, Barack Obama 276*, George W. Bush 291*, William Clinton 364*, George Bush 166, Ronald Reagan 381*, Jimmy Carter 320, Gerald Ford 169, Richard Nixon 346*, Lyndon Johnson 325, John F. Kennedy 214, Dwight Eisenhower 484*, Harry S. Truman 907* (*signifies 2 terms).

Start with the premise that the Founding Fathers, authors of the US Constitution, were not stupid. Executive actions were never meant to grant the President authoritarian powers. Executive actions (executive orders, executive memorandums, and the like) are part and parcel of a system of checks and balances countering a weak, do-nothing Congress. Such actions by the President would off-set an ineffective or highly politicized legislative branch enabling the federal government to administer the Affairs of State.

Executive orders are ephemeral. Before the dust settles on his first year in office, even before his first 100 days in office, Trump will follow up with an aggressive legislative package to codify his executive actions with laws passed by Congress. This will cement his legacy. Will he get everything he wants? Probably not. Will he get most of what he wants? Probably so. He is a consummate dealmaker working on behalf of America.

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Bill Is First Step Toward Eliminating **Public Notices In Newspapers**

By Cecile Wehrman, NDNA Executive Director We've all seen them, those oxymorons – postal service, military intelligence, government efficiency.

Well here's a story from right here in North Dakota that's all about spending \$150,000 in taxpayers' hardearned cash to create something that's already free.

Proponents of SB 2069, which was brought by the PSC as a "backstop" to protect against newspapers failing to publish a hearing notice, would give all units of government the option of also posting notices on the Secretary of State's website.

PSC staff claim this is not an attempt to remove public notices from newspapers, but the bill comes with an appropriation aimed at giving a state agency the ability to publish all public notices -- thereby duplicating a service newspapers also provide, and it's free.

•The North Dakota Newspaper Association already maintains a public notice website, www.ndpublicnotices.com -- which a member of the Senate State and Local Government committee has conceded is far superior to the Secretary of State's website -- at no cost to the state or consumers.

Newspapers are already REQUIRED BY LAW to publish all of their public notices on this website, at no additional cost to the unit of government

and the public can access all notices at no cost.

•The rate of missed public notices is tiny. For instance, the rate of error on 583 administrative rules placements last year by NDNA was .03 percent. None of those few errors invalidated the notice.

•NDNA has proposed a process whereby we will specially handle PSC hearing notices, but commission staff have rejected it. It's worth noting the genesis of this bill was a single missed PSC hearing notice 18 months ago.

Bills like this morph over time. What starts as "may" becomes a "shall." This bill applies to ALL units of government -- cities, counties, townships, not just state government -- and the committee giving this bill a DO PASS has made clear that's where they want this to go.

This bill would, for the FIRST TIME EVER, equate publication on a government website with adequate public notice and once that rubicon is passed, nere's no going back.

Once state government has spent \$150,000 of taxpayer money duplicating system newspapers are already providing, it will be much easier to make the case those print publications in newspapers are no longer necessary.

Tune in, if you will, to a hearing Friday, where more than one member of the committee made their disdain for newspapers clear along with direct tatements about where they hope this goes in the future:

https://tinyurl.com/jnw675fj Though the committee has discussed SB 2069 several times since the original hearing, no one from the committee has responded to NDNA about proposed amendment we made nor invited us back to the committee to

explore remedies other than spending \$150,000. They don't see us as the public's advocate. They see us as "milking" state yet this week, before being sent to the House.)

government, when the whole point of public notice is to provide information to the public and oversight of government! We know voters understand this, and it's something all of us must now fight to keep.

NDNA research shows voters are adamantly opposed to public notices on government websites. Only 18 percent of North Dakotans said they trust government to be the only source of public notices. Yet, elected officials and state employees are hellbent in duplicating services newspapers are already providing and they're unwilling to work toward a cheaper solution

Whether you are a local government official, a citizen who believes in keeping public notices in newspapers, or frustrated money is being spent needlessly, please contact your district senator to urge a NO vote on SB

As I originally testified before this committee, no human endeavor is perfect, but NDNA -- and local newspapers -- have an exemplary record of publishing public notices. After all, if notices don't run, newspapers don't get paid!

The North Dakota Newspaper Association has offered to work with state government to find a way to use our own well established public notice website to achieve the same aim as SB 2069, but the hand we've extended has been rebuffed, the reputations of 73 individual newspapers impugned, and the wishes of citizens ignored.

SB 2069's cost is out of proportion with the risks it aims to negate. Make no mistake, it's aim is to eventually put the fox on guard of the henhouse of government information.

(Author's Note: This bill could come back to the Senate floor for passage



Trails Across Mountrail



www.mountrail.co.nd.us/

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Mountrail County Farm & Ranch Day

Mountrail County Ag Improvement will be holding their annual Farm & Ranch Day program on Wednesday, Feb. 12 in Stanley at the Mountrail County South Complex. The program is open to all farm and ranch producers in the region. The program will kick off with coffee and cookies at 10:00 a.m. followed by the first speaker of the day Josh Dipippo of Spotters Ag

Josh founded Spotters Aerial Ag in Killdeer, ND to provide a higher quality of application for producers in western North Dakota. His goal has always been to increase production and profitability in pasture, and range land for his customers!

With a growing team of pilots, and fleet of spray drones, Josh and his team look forward to each spraying season, and how they can make advancements and profitability for producers.

Josh has done aerial ag in several states which include work in spraying mesquite in Texas, orchards in California, crops in Iowa, Illinois, Indiana and Michigan as well as North Dakota.

They do aerial spraying any row crop, pastures, orchards, fence lines, rough terrain, and the list continues. There is also a dry spreading feature as well! Re-seeding, cover crop, dry fertilizer spreading can all be taken to new levels of efficiency with the drone technology. This will be an exciting presentation by one of the best!

At 11:15 we will present the dessert contest results, and have the auction for Ag Scholarships. The contest is open to anyone who likes to make desserts. There are two divisions, adult and youth. Rules and registration can be found on the Mountrail County Ag Agency Facebook page.

The noon meal will be served by the Mountrail County Ag Improvement association, everyone is welcomed! So please swing by and enjoy lunch with your Mountrail County Ag Improvement.

At 1:00 p.m. we will have Brandon Bock of the Bock Family Farm, Minot, ND, speaking on Regenerative Farming in North Dakota. Brandon and Jessie Bock, together with their children, Grace, age 15, and Lyle, age 14, own and operate Bock Farms, about 20 miles north of Minot, North Dakota. Jessie is a stay-at-home mom, having raised both of their children at home. Brandon says she is his "right-hand woman", helping on the farm, keeping the books, running after parts, operating grain carts, among other important tasks. There was a time in his own life, right out of high school, when Brandon didn't think he wanted to farm but it didn't take long, being away from the farm to realize that he didn't want to not be a farmer. For Brandon, getting to the city helped him learn what he wanted and missed.

He spent one semester at North Dakota State University, majoring in civil engineering and that one semester was enough. He didn't like the big classroom atmosphere, with 400-plus students in many classes, nor did he care for big city life, so he transferred to North Dakota State College of Science in Wahpeton, North Dakota, and completed their diesel technology program. He uses that training regularly on the farm for maintenance and

repairs of their own equipment, enjoying the significant cost savings. All the land at Bock Farms is tillable and currently, all farming enterprises are cropping enterprises. Before starting down the regenerative path, they had a low diversity crop rotation, raising three crops: yellow peas, spring wheat and soybeans. Since transitioning to regenerative agriculture in the fall/winter of 2018 and into the spring of 2019, they've introduced significantly more crop diversity into the mix. They now grow cereal rye, winter wheat, spring wheat, barley, field peas, flax, sunflowers, and corn. In a very short period of time, Brandon and Jessie went from just three crop types and three revenue-generating streams to eight crop types and revenue

Mountrail County Ag Improvement annual meeting will be held following the final speaker at approximately 2:15 p.m.

Scholarship Applications Available! They can be found on our website: http://www.co.mountrail.nd.us/pages/ ag-agency-weed-control or at the Ag Agency.

Mountrail County Ag Improvement Scholarship:
Youth applying for this \$1000 Ag Improvement Scholarship must be a resident of Mountrail County, a high school senior to college junior, and planning on enrolling in an ag-related program. North Dakota Crop Improvement & Seed Association Scholarships:

Three \$1000 scholarships available to incoming freshmen. Three \$1000 scholarships available to undergraduates (excluding freshmen). Eligible applicant shall be a resident of the state of North Dakota and attend a North Da-

kota school. Applicant and/or guardian shall be a member of their respective county Crop (Ag) Improvement Association. Applicant shall be a full-time student (12 credits or more). Watch for more information on all the events coming up at the Mountrail County Ag Agency website, http://www.co.mountrail.nd.us/pages/ag-agen-

Mountrail County Ag Improvement Dessert Contest

cy-weed-control and Facebook page https://www.facebook.com/MCAgA-

The Mountrail County Dessert Contest is scheduled for February 12 at 9 a.m. at the South Complex. Individuals who are looking to show off their kitchen skills are invited to fill out an application for either the adult division or youth division for a chance to win the coveted bragging rights of best dessert in Mountrail County. In addition, we will award cash prizes for top 3 individuals in each division along with top five in each division will receive engraved cookware items. Desserts can be dropped off at the south complex on February 12 from 7:30 a.m. to 9:00 a.m., with judging to follow. The dessert auction will be held at 11:30 a.m. with awards and auction to follow. All proceeds go towards Mountrail County Ag improvement scholarships

Causes Of Winter Injury To Landscape Plants

Most landscape plants grown in North Dakota are hardy enough to withstand all but the lowest temperatures. Winter death to what are considered ardy landscape plants basically has two causes:

Desiccation – This winter may be the winter we see a lot of problems in rees due to desiccation. This frequently happens to evergreens when the sunlight intensity is high, causing the plant tissue to become physiologically active. Water is lost at this time and cannot be replaced because the soil water is frozen.

Freeze-thaw cycles – These are common on herbaceous plantings that were not given mulch protection before winter. Freeze-thaw cycles occur during our typical February/March thaws and refreezes. The crown of the plant is heaved, causing roots to be exposed to air temperature fluctuations. The root system has a lower tolerance to temperature extremes and may be killed by a lethal low temperature.

Other causes for physical damage to woody plants are wet, heavy snows, or freezing rains and sleet. Expect this to show up on soft-wooded trees such as silver maples. The weight borne by the branches causes rip and tear

breaks. The best action is to clean up broken branches immediately.

Meats Classes Are Back

Beginning February 12 we will have our meats classes starting back up. The following is the schedule of the classes. We also have a few NEW classes to offer this year!

February 12: Jerky class in Stanley at the South Complex

February 26: Brats class in Plaza at county shop

March 12: Buck Bacon & Canadian Bacon in Plaza at the county shop March 26: Dry Aged /Hard Salami

MUST PRE-REGISTER.

Registration will open 2 weeks prior to each class. The cost for each class is \$25 and must be paid PRIOR to the class in order to hold your spot. For more information give us a call at 701-628-2835 ext. 2 or watch our Facebook page and website! https://www.facebook.com/MCAgAgency or http:// www.co.mountrail.nd.us/pages/ag-agency-weed-control.

Goehring Clarifies Corporate Farming Bill

Agriculture Commissioner Doug Goehring says that House Bill 2150 only makes minor changes to North Dakota's corporate farming law, primarily making it consistent in different sections in North Dakota Century Code that were made in the previous legislative session.

For example, under the corporate farming law, farmers may contract for farm services such as grain purchases and harvesting. The minor changes in HB 2150 would make clear that ranchers in the state can likewise contract for ranch services. These contracted ranch services might include fencing, weed control, reseeding, manure management, brush and land clearing, mulching and pasture management.

The bill would also reduce con-

fusion in annual reporting requirements by family farm LLCs and authorized livestock farm LLCs. Finally, it would make the corporate farming law consistent with the Agriculture Land Ownership by Aliens

"HB 2150 does not permit unauthorized foreigners to purchase farmland in North Dakota. It does not expand who can legally own farmland. All prospective land purchasers in the state would still have to follow all laws that restrict land ownership," Goehring said. "These minor changes in HB 2150 are designed to simply make the law consistent and more easily understood. Statements to the contrary are disingenuous and misleading.

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