

Healthy spinach all rolled up with flavor

Including more spinach in one's diet can be a healthy decision. Spinach is rich in iron, potassium, magnesium, folate, and vitamins C, E and K. With that strong profile, spinach supports the heart, eyes, skin, and immune system. Spinach also can aid digestion and strengthen bones.



The good news is that spinach is a versatile ingredient and can be added to many dishes relatively easily. As an alternative to meat-based dishes, "Spinach Balls" serve up flavor in easy-to-portion style. Serve these with a dipping sauce as an appetizer,

or place alongside pasta instead of meatballs. Enjoy this recipe courtesy of "It Just Happens to Be Gluten-Free" (Do Life Inspired Publishing) by Jen Fiore.

- Makes about a dozen*
- 1 (10-ounce) box frozen chopped spinach
 - 3 eggs, beaten
 - 1 tablespoon extra virgin olive oil
 - 1 cup shredded sharp cheddar cheese
 - 2/3 cup gluten-free bread-crumbs
 - 1/4 teaspoon salt
 - 1/2 teaspoon pepper
 - 1 teaspoon dried parsley
 - 1/4 to 1/2 teaspoon garlic powder
 - 6 shakes Tabasco sauce (6 shakes more if you like it hotter!)

Place the spinach box in the microwave for 2-3 minutes until defrosted. Set aside to cool.

In a large bowl mix together the cheese, bread crumbs, salt, pepper, parsley, and garlic powder.

Squeeze excess water out of the spinach. Place the spinach into the cheese mixture. Mix.

Add oil, eggs and Tabasco sauce.

Form into balls and place on a parchment-lined baking sheet. Bake at 375 F for 18 to 22 minutes.

Serve with garlic aioli.

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We the People

By David Adler,
The Alturas Institute

Framers' embrace of Electoral College not based on disdain for democracy

The Framers of the Constitution seriously considered adoption of a direct popular vote for the election of the president until objections exposed the likelihood that lack of communication, transportation and adequate knowledge of candidates would hobble the ability of Americans to make a reasoned and informed choice. Some feared that voters would not be familiar with national leaders and would reflexively support candidates from their own states. Voter parochialism would undermine the prospects for national union. Although James Madison was an advocate for the popular vote for its democratic nature, he observed that these challenges persuaded delegates to seek an alternative means of selecting the president, so long as it was grounded in the wishes of the voters.

It bears reminding that the Framers' embrace of the Electoral College did not reflect, as some have suggested over the years, a disdain for democracy. George Mason of Virginia, one of three delegates to the Constitutional Convention who opposed the direct popular vote, is often cited for his opposition for direct election of the president: "It would be as unnatural to refer the choice of a proper character for the chief Magistrate to the people, as it would to refer a trial of colours to a blind man." Elbridge Gerry of Massachusetts, another opponent, whose career after the Constitutional Convention included advocacy of manipulation of voting districts -- "gerrymandering" -- for which he has been wrapped in something approaching eternal censure, held a mixed view of the wisdom of the people. After losing an election, he denounced voters for their lack of knowledge. Later, after he won an election, he declared the immense wisdom of the electorate.

The argument that the Framers feared democracy, or held it in contempt, particularly in direct elections, is difficult to defend, as the constitutional text alone demonstrates. For starters, delegates' resort to a popular vote procedure within each state for ratifying the Constitution represented an extraordinarily democratic and unique way of giving voice to the people to implement a document that would serve as the law of the land. In addition, members of the House of Representatives are directly elected by the people based on fixed and regular elections, and there is an absence of property qualifications for federal elections. The Constitution -- Article II -- also permits popular election of members of the Electoral College. For that matter, while not an issue before the Convention, most delegates favored popular election of governors in each state, a position that hardly supports the assertion of fear and loathing of direct elections in Philadelphia.

The Framers' support of important democratic prin-

ciples, however imperfect and incomplete it was, was evident in their decision in the last days of the Convention to introduce a national Bill of Rights in the First Congress, which convened in 1789. Most members of the initial Congress, dubbed by scholars as a "Continuing Constitutional Convention," had been delegates in Philadelphia. The inclusion in the Bill of Rights of freedom of speech, freedom of the press, freedom of assembly and the freedom to petition government for redress of grievances evinces an ongoing constitutional commitment to both encouragement and protection for citizens to participate in the civic affairs of the day, as well as in the governance of the nation.

It would be ridiculous to claim that democracy was flourishing in 1787 America in the way it has over two centuries. After all, Americans have ratified constitutional amendments precisely to fix oversights and failures of the original Constitution. The elimination of slavery, and granting women and Blacks the right to vote, among other cornerstone amendments that have reconstructed the nation, are prime examples of the right of the people to raise their voices in the name of progress, and stark reminders that the founders, brilliant as they were in many ways, were unable to transcend some of the limited moral sensibilities of their time.

Stymied by practical considerations, the Framers turned their gaze from a popular vote to the Electoral College as a means of selecting the president. In this move, they did not abandon the popular voice, but retained it, albeit in an indirect manner. James Wilson observed: "The choice of this officer is brought as nearly home to the people as practicable." We turn next week to the Framers' evolving thoughts.

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Did You Know?

Crime reduction often is a top priority for elected officials. Around 58 percent of adults in the US believe that reducing crime should be on the docket for the president and Congress. While the Federal Bureau of Investigation and the Bureau of Justice Statistics offer annual data on crime, it isn't an exact science. That is because data only includes crimes that have been reported to law enforcement. Many crimes are never reported. The Pew Research Center reports that certain crimes are more common than others. Theft/larceny was the most common property crime and aggravated assault was the most common violent crime as of 2022. The good news is both FBI and BJS data indicate both violent and property crime rates have declined dramatically since the early 1990s. Significant decreases in the rates of robbery (74 percent), aggravated assault (39 percent) and murder/nonnegligent manslaughter (34 percent) have occurred between 1993 and 2022.

-metrocreativeconnection

MINUTES OF REGULAR MEETING MINNEWAUKAN SCHOOL BOARD May 20, 2024

A regular meeting of the Minnewaukan School Board was held May 20, 2024. Members present: Michele Anderson, Anna Tice, Dave Ambers, Curt Hanson. Members absent: Leona LaRoque. Others present: Tracie Volk, Jean Callahan, MacKenzie Moen, David Mahon, Tammy W.

The meeting was called to order by President Anderson at 4:30 p.m. Agenda -- Additions: New Business: G) Lighting Project H) Election Workers I) Bus Proposal. A motion was made by Tice, seconded by Hanson, to approve the agenda with additions. The motion carried.

Delegations and Communications -- none. Leona LaRoque joined the meeting.

Minutes -- A motion was made by Ambers, seconded by Tice, to approve the April minutes. All members present voted yes. The motion carried with a 5-0 vote.

Bills -- A motion was made by Hanson, seconded by Ambers, to approve and pay the bills. All members present voted yes. The motion carried with a 5-0 vote.

GENERAL FUND

TMS	\$72.67
ND Telephone Co.	490.84
Stein's	594.88
Otter Tail Power Co.	10,905.57
CenDak	11,412.94
BC Farmers Press	404.13
NAPA-DL	21.98
Home of Economy	69.15
Advanced Business	
Methods	4,538.99
City of Minnewaukan	1,563.00
Software Unlimited	6,800.00
Daryl's Refrigeration	718.00
Bravera	651.00
NCB Electric, LLC	182.80
Read Naturally	1,150.00
Leavers	149.76
Leavers	140.00
Leavers	140.00
Bremer Credit Card	6,486.90
Fund Total	\$46,492.61

HOT LUNCH FUND

US Foods	\$30,306.27
DPI Child Nutrition	298.50
Bremer Credit card	43.99
Fund Total	\$30,648.76

STUDENT ACTIVITY FUND

Bremer CC	\$1,006.15
Fund Total	\$1,006.15

Financial Reports -- A motion was made by Hanson, seconded by LaRoque, to approve the financial reports. All members present voted yes. The motion carried with a 5-0 vote.

Second Reading -- A motion was made by Ambers, seconded by Tice, to approve the second reading of the Foster Care Policy. All members present voted yes. The motion carried with a 5-0 vote.

Approve Contracts -- A motion was made by Hanson, seconded by

Ambers, to approve the music teacher contract. All members present voted yes. The motion carried with a 5-0 vote.

A motion was made by Hanson, seconded by Ambers, to approve the librarian's contract. On a roll call vote, Ambers--yes, Hanson--yes, LaRoque--yes, Anderson--yes, Tice--no. The motion carried with a 4-1 vote.

Administration and Non-Certified Staff Raises -- A motion was made by Hanson, seconded by Tice, to approve the administration raises of \$4,700 for the 2024-25 school year. All members present voted yes. The motion carried with a 5-0 vote.

A motion was made by Tice, seconded by LaRoque, to approve \$1 raise for the non-certified staff for the 2024-25 school year. All members present voted yes. The motion carried with a 5-0 vote.

Policy Work -- A motion was made by Hanson, seconded by Tice, to rescind the following policies: Philosophy of Public Schools, District Goals and Objectives, Discrimination and Harassment Grievance Procedure, School Year and Calendar. All members present voted yes. The motion carried with a 5-0 vote.

A motion was made by Ambers, seconded by Anderson, to approve the following policies: Title IX Sexual Harassment Grievance Procedure, Discrimination and Harassment Grievance Procedure. All members present voted yes. The motion carried with a 5-0 vote.

A motion was made by Tice, seconded by LaRoque, to approve the first reading of the following policies: Philosophy of Public Schools, District Goals and Objectives, School Year Calendar. All members present voted yes. The motion carried with a 5-0 vote.

Fitness Center Proposal -- A motion was made by Ambers, seconded by Hanson, to approve the equipment proposal for the fitness center. All members present voted yes. The motion carried with a 5-0 vote.

New Bus Quote -- A motion was made by Hanson, seconded by Ambers, to approve the bus quote. All members present voted yes. The motion carried with a 5-0 vote.

NESC Commitment for 2024-25 -- A motion was made by Ambers, seconded by Tice, to approve the NESC commitment for 2024-25. All members present voted yes. The motion carried with a 5-0 vote.

Lighting Quote -- A motion was made by Hanson, seconded by Ambers, to approve the quote if it includes installation and paying electricians; if not, table it and discuss further at next meeting. On a roll call vote, Hanson--yes, Ambers--yes, Tice--no, LaRoque--yes, Anderson--yes. The motion carried.

Election Workers -- Deb Trnka, Judy Buckmier, Lynn Yri and Mary

Jury are the 2024 election workers. A motion was made by Tice, seconded by LaRoque, to approve the election workers. All members present voted yes. The motion carried with a 5-0 vote.

Used Bus Proposal -- A motion was made by Ambers, seconded by Tice, to table for the next meeting. All members present voted yes. The motion carried with a 5-0 vote.

Principal Reports -- Elementary Principal Moen reported: Summer school teaching staff is Lori Richter, Mandi Lawrence, MacKenzie Moen, Tasha Baumtrog, Tara Hoffner, Wanda Bullinger, Brian Baumtrog, Tammy Widmer, Rob Lawrence, Shilo Davis, Carson Rood and Ashton Rode; summer school para staff is Shayna Sherman, Tyrese Leaf, Jackie Duty and Megan Cook; state testing summary data; field trips; family activities; kindergarten graduation 5/17; starting enrollment 168, ending enrollment 161.

HS Principal Mahon reported: State track; summer school; new interventionist; gym closed July 23-August 5 for waxing the floor; school closed July 29-August 2 for waxing the hallways.

Superintendent Callahan reported on summer projects. Congratulations to Deng Deng for receiving the Mr. Basketball Award and for being the Farmers Union Player of the Year!

Next meeting: June 24 at 4:30 p.m.

A motion was made by Ambers, seconded by Hanson, to adjourn the meeting. The meeting adjourned at 5:48 p.m.

Tracie Volk
Business Manager

MINUTES OF REGULAR MEETING MINNEWAUKAN SCHOOL BOARD June 24, 2024

A regular meeting of the Minnewaukan School Board was held June 24, 2024. Members present: Michele Anderson, Anna Tice, Dave Ambers. Members absent: Leona LaRoque and Curt Hanson.

Agenda -- Approval of admin contracts. A motion to approve the agenda with additions was made by Tice, seconded by Ambers. The motion carried.

Delegations and Communications -- Congratulations to Deng Deng for being named High School Boys Athlete of the Year!

Minutes -- A motion was made by Ambers, seconded by Tice, to approve the minutes. All members present voted yes. The motion carried with a 3-0 vote.

Bills -- A motion was made by Tice, seconded by Ambers, to approve and pay the bills. All members present voted yes. The motion carried with a 3-0 vote.

GENERAL FUND

TMS	\$76.60
ND Telephone Co.	483.32
Stein's	950.96
Otter Tail Power Co.	7,153.14
CenDak	8,173.57
BC Farmers Press	148.20
DL Journal	202.49
Stone's	222.05
NAPA-DL	62.96
NAPA-Maddock	256.31
Johnson Controls	1,760.68
Pomp's	2,335.65
Home of Economy	131.26
Advanced Business	
Methods	2,802.40
City of Minnewaukan	1,728.00
Farmers Union Oil	
--York	378.56
Tate Topa	10,415.00
J. W. Pepper	168.99

The next meeting is the annual meeting on July 17, 2024 at 4:30 p.m. A motion was made by Tice, seconded by Ambers, to adjourn the meeting. The meeting adjourned at 5:32 p.m.

Tracie Volk
Business Manager

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B. Paid Circulation		
1. Mailed Outside - County Paid Subscriptions Stated on form 3541	666	647
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E. Total Free or Nominal Rate Distribution	44	44
F. Total Distribution	1357	1207
G. Copies Not Distributed	44	44
H. Total	1401	1251
I. Percent Paid	96.76%	96.35%
16. Electronic Copy Circulation		
a. Paid Electronic Copies	543	596
b. Total Paid Print Copies (Electronic & Print)	1856	1759
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I certify that the statements made by me above are correct and complete.
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Denise Westad
October 3, 2024

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