



DAKOTA DATEBOOK

Sondre Norheim's Grave

BY CHRISTINA SUNWALL

March 11 -- Today, Sondre Norheim is internationally recognized as the “father of modern skiing.” But when Norheim passed away in this week in 1897, his North Dakota neighbors knew nothing of his legendary past. The unmarked grave of the Norwegian skier-turned-North Dakota farmer lay forgotten for two generations.

Nearly 70 years after his death, Dorothy Lyon, the great-granddaughter of Norheim, happened across an article in the Encyclopedia Britannica referring to Norheim as “a pioneer not only in the slalom and jumping, but also in making skis.”

With a little detective work, Sondre's grave was located in the Norway Lutheran Church Cemetery south of Denbigh, ND. A granite boulder and plaque were placed on his grave and dedicated in a memorial ceremony on June 12, 1966.

Outdoors Ordinances

BY TESSA SANDSTROM

March 12 -- During the legislative session in 1951, no doubt today was a day of much-needed rest after a full week of decision-making. Much like this session, many of those decisions that week concerned outdoorsmen -- both residents and nonresidents alike.

Legislators voted that Canadians, like all other nonresidents, were allowed to hunt, fish or trap in North Dakota, and all nonresidents could take fur-bearing animals from North Dakota -- if other states permitted North Dakotans to do the same in their state.

Winter fishermen should also thank this Legislature for the comfort they experience today, because this was the Legislature that allowed the use of fishing houses for a \$1 license. They'd better not be fishing crappies or perch, however, because they were added to the protected species list that session.

Lawrence Welk

BY MERRY HELM

March 13 -- Lawrence Welk grew up in a sod house near Strasburg in south-central North Dakota. His first clear memory was of crawling to his father who was smiling and holding out an old accordion. Another favorite memory was of the day his brother John got married. Lawrence volunteered to stay home to do chores so he could play John's accordion the entire day without being made to stop.

When Lawrence asked his father for his own accordion, his father said yes . . . just as soon as he paid for it himself. At that time, the government was offering a bounty on squirrels for two cents per tail, so Lawrence starting trapping them to get the money. When he finally made \$15, he sent away for an accordion. It was so poorly made it lasted only a couple weeks.

About this time, his father took him to see Tom Guttenberg, a traveling musician. The 17-year-old was awestruck by Guttenberg's accordion and made a life-changing decision. He went to his father to offer a deal: if his father would buy him an accordion like Guttenberg's -- a \$400 instrument -- he would work on the farm for four years and turn over every penny he made from his music. His father

took several days to think it over but finally said yes.

After three months it finally arrived, and Welk played until his father ordered him to stop so they could get some sleep. In his autobiography, Welk wrote, “Obediently I put the accordion down beside my bed where I could still reach out and touch it . . . but I got up again at four o'clock the next morning and slipped out to the barn where I began to play for the surprised chickens and horses. I played for more than an hour, while the dawn gradually cut through the morning darkness and turned the sky violet, and then gold, and then a clear shining blue. That was a moment I'll never forget.”

When Welk began playing for dances, his father said, “Accordion playing is all right for fun, Lawrence. But it's not a life's work . . . You'd better start thinking more about the farm.” That's where the two parted company; Welk enjoyed working outdoors in the fields and he liked building his muscles from the exertion, but the only thing he wanted to be was a musician.

Welk soon became a favorite at local events, but at one wedding, an older couple waltzed by and the man said, “You play pretty good there, Lawrence, and so does your brother John. But neither one of you boys plays as well as your father! You just don't have the rhythm!”

One night Lawrence played a dance in Ipswich, SD, where his brother and sister-in-law promised to watch out for him. Every time he and his band finished playing, the crowd would pass the hat and hire them to play another hour. The next day Lawrence went to church floating on a cloud -- until the priest launched into a fiery sermon about “the devil who had come to town the night before, and lured the people into sin, dancing and prancing even unto the sabbath day!”

The day he turned 21, Lawrence completed his contract with his father and packed his bags. His father said he'd be back, hungry, in six weeks. But the younger Welk saw it differently, and it didn't take long before almost everyone in America knew who he was.

Egg Laying

BY JIM DAVIS

March 14 -- East-west rivalries in North Dakota are common in events such as hockey, but in this week in 1922, it was egg laying. A flock numbering 146 Red River Valley chickens was heralded for laying 880 eggs in the month of February.

But George Day of Brittin in Burleigh County said they must be sitting down on the job. His 63 Columbia Wyandotte chickens produced 645 eggs in the same month, and a flock of 70 had produced 972 eggs the month before. While the Valley hens averaged only six eggs each, Mr. Day's hens produced 10 to 13.

So, the east may dominate in hockey, but you have to come out west for a plentiful supply of meringues -- that's no yoke.

Campus Protests

BY SARAH WALKER

March 15 -- There's no doubt that many stood against “the man,” whatever form he took, in the 60s. These stands led many to protest, and campus revolts made headlines across the United States.

In this week in 1969, Governor William Guy signed a bill into law that was supposed to help maintain law and order on the campuses of North Dakota state colleges and universities. The bill stated that “persons will be ejected from the campuses in disturbances and action will be taken to expel the students.”

This bill, however, was contested. Some said it repeated statutes already in existence. Others said the bill was intended to head off trouble before it started. Also, according to Representative Aamoth, who was a prime sponsor of the measure, the bill was supposed to “take care of nonstudents who come in from outside the school to create trouble.”

However, Senator Meschke, who was against the bill, said “personally, I prefer to respect our North Dakota young people and students, rather than insult them for something that they have not done.”

Yet the college protest movement was prevalent around the country, and college students were not the only ones to find reason for revolt. The National Association of Secondary School Principals conducted a survey with 1,000 principals in public and private schools. They found that 56 percent of junior high schools and 59 percent of senior high schools reported some kind of protest activity.

Heading the list were restrictions placed on the personal appearance of the students; one-third of the principals reported objections to school dress codes, and one-fourth reported objections to regulations governing hair length and style.

Students also protested smoking rules, cafeterias, assembly programs, censorship and regulation of school papers, and the scheduling of sports and social events. Only 10 percent of the principals cited difficulties between the races.

The protestation of younger students seemed to follow and echo that of the college revolts, and principals thought that the protests were really against “society in general” or “the system,” and reported that “not only kids, but their parents, their teachers and various community groups are getting in on it.”

“In what must be the understatement of the decade, one school head observed: ‘To be a principal in times like these is not for the fainthearted.’”

“*Dakota Datebook*” is a radio series from *Prairie Public* in partnership with the *State Historical Society of ND* and with funding from *Humanities ND*. See all the *Dakota Datebooks* at prairiepublic.org, subscribe to the “*Dakota Datebook*” podcast, or buy the *Dakota Datebook* book at shopprairiepublic.org.

Protein to fuel everyday adventures in the kitchen and beyond

Achieving your goals each day starts with your own health and well-being, both physically and mentally. To ensure you've got the energy needed to take on that to-do list and enjoy your favorite activities, turn to familiar ingredients and recipes that pack the protein your body craves.

To help reach nutrition goals and fuel your everyday adventures, Chicken of the Sea tuna and salmon packets can follow you anywhere you go and make healthy eating a delicious endeavor. Everything you love about your favorite tuna and salmon products now fits into your busy lifestyle and unique dietary needs -- keto, paleo or Mediterranean.

They're flavorful, convenient and fit seamlessly into your daily routine, making them a perfect solution no matter your mood, cravings or occasion. Whether you're bringing tuna along as an afternoon snack or incorporating salmon into a tasty meal, the responsibly sourced protein allows you to eat healthy and live happy without compromise.

For example, you can rethink lunchtime routines with a colorful twist on the viral social media salmon rice bowl. Bring together the lively flavors of Everything Bagel-seasoned pink salmon with your favorite toppings like carrots, radishes, Sriracha mayo and more for a simple yet flavorful afternoon protein-packed pick-me-up.

Long days away from home can lead to meal complacency when you walk through the door. However, keeping high-quality, responsibly sourced protein options on hand can help you avoid takeout cravings and a desire to leave the cooking to someone else. It doesn't get much easier than these lemon garlic tuna-stuffed roasted mini sweet peppers for an appetizer or low-carb snack that takes just 20 minutes to prepare a handful of everyday



ingredients.

When you find the right solutions for you, it's time to stock the pantry. Try all the flavors Chicken of the Sea Wild Caught Tuna and Alaskan Pink Salmon Packets offers, from creamy or citrus to spicy and beyond.

Visit chickenofthesea.com to find more nutritious recipe inspiration.

Everything Bagel Salmon Brown Rice Bowl

Total time: 10 minutes
Servings: 1
1 packet (2-1/2 ounces) Chicken of the Sea Wild Caught Alaskan Pink Salmon with Everything Bagel Seasoning
1 cup cooked brown rice
Roasted nori seaweed sheets or pieces, crushed
1 small avocado, sliced
2 tablespoons shredded carrots
2 tablespoons shredded radishes
2 tablespoons minced cilantro
2 teaspoons furikaki seasoning (Japanese rice seasoning)
2 tablespoons Sriracha mayo
In bowl, top cooked brown rice with crushed seaweed sheets.
Add sliced avocado and top with salmon.
Add carrots, radishes and cilantro.



Sprinkle with furikaki seasoning and drizzle with Sriracha mayo.

Lemon Garlic Tuna-Stuffed Roasted Mini Sweet Peppers

Total time: 20 minutes
Servings: 2-3
1 packet (2-1/2 ounces) Chicken of the Sea Wild Caught Light Tuna Lightly Seasoned by McCormick, Lemon Garlic
3 mini sweet peppers, halved, seeds removed
2 tablespoons olive oil
1/4 cup shredded cheddar cheese
1/2 cup sliced green onions
Fresh cracked black pepper, to taste
Preheat oven to 400 F. Lay parchment or foil over baking pan.
Place halved mini sweet peppers on prepared baking pan and lightly brush both sides of peppers with oil.
Divide lemon garlic tuna evenly between six mini pepper halves.
Top with cheese and bake 8-10 minutes, or until peppers are tender and cheese is melted.
Allow to cool and top with sliced green onions and fresh cracked black pepper, to taste.
-- Family Features

A sweet party treat guaranteed to be a hit

Perfect for a party or simply indulging yourself, these addictive pastry puffs make it hard to stop at one. Easy to assemble with these step-by-step instructions, the ricotta mixture and fresh strawberry compote are dynamic together and provide a generous touch of sweetness.

For the full video and instructions, plus more dessert ideas, visit Culinary.net.

Ricotta Puff Pastries with Strawberry Compote

Recipe adapted from *Milk Means More*
2 sheets puff pastry
1/2 cup, plus 1 tablespoon, heavy cream
1/2 cup granulated sugar, divided
1 tablespoon ground cinnamon
1 tablespoon water
1 package fresh strawberries, hulled and sliced
1/2 cup homemade, part-skim or whole milk ricotta cheese
1/4 cup powdered sugar
1/2 teaspoon vanilla extract



Heat oven to 400 F.
Cut both puff pastry sheets into nine squares. Make slit in corner of each square toward middle of pastry. Fold corners to other corners to create pinwheel shape. Brush pastry with 1 tablespoon heavy cream. Combine 1/4 cup granulated sugar and ground cinnamon then sprinkle on each puff pastry.
Bake 12-15 minutes until

pastry is golden brown and raised.

In medium saucepan on medium to high heat, pour in remaining granulated sugar and water. Once sugar is dissolved, pour in fresh strawberries. Bring mixture to boil then simmer 10-15 minutes, stirring occasionally, until strawberries are broken apart and semi-thick sauce is created. Let chill in refrigerator 2 hours. To chill faster, put in freezer 45 minutes.

In medium bowl, using mixer, whip heavy cream until stiff peaks form. Set aside. In separate medium bowl, combine ricotta cheese, powdered sugar and vanilla extract. Mix until fluffy. Return whipped cream to ricotta mixture and whip 1-2 minutes until mixture is light and fluffy.

Spoon ricotta cream into center of each puff pastry pinwheel. Spoon strawberry compote in middle of ricotta mixture.

--Family Features/
Culinary.net

Enterprise Finnish Cemetery donations

Memorials and donations are always welcome to assist with the upkeep of the Enterprise Finnish Cemetery. They may be sent to Candy Hess, PO Box 24, Lakota, ND 58344.

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HIRING

NOTICE

City of Aneta terms for Mayor and 2 Council Members are up. If interested in running submit to: Michelle Middlestead, City Auditor, PO Box 195 Aneta, ND 58212 by April 8 at 4 p.m.

NOTICE

The Board of County Commissioners of Nelson County will accept sealed bids for crushed or screened gravel in stockpile or loaded in trucks and hauled on county or township roads as may be required by Nelson County for the year of 2024.

Bids will be opened and publicly read at 9:30 am April 2, 2024.

Bid forms and specifications are available at the Nelson County Auditor, Lakota, ND or the Nelson County Highway Department, McVillie, ND.

Nathan Parks,
Nelson County Auditor

**NOW
HIRING**

Production Workers

Nordic Fiberglass Inc. in Devils Lake, ND, is now accepting applications for full-time production workers

- ☆ 4-day work week
- ☆ Pay starting at \$20.60 with the ability to be earning \$21.60 within 6 months
- ☆ Full benefit package to include vacation, sick leave, 6 paid holidays, bonuses, Health/Life Insurance, and a profit-sharing plan

If you are looking for a company that has advancement opportunities, please apply in person at Nordic Fiberglass Inc., 415 2nd Street SE, Devils Lake, ND or online @ www.nordicfiberglass.com

Nordic Fiberglass Inc. is a drug free workplace and a drug screening will be required at the time of job offer.

CAREER OPPORTUNITIES

- CNA
- Driver
- Housekeeping Assistant
- Activities Assistant
- Cook

All qualified applicants will receive consideration for employment without regard to race, color, religion, sex, national origin, disability or protected veteran status.

Please apply at sanfordcareers.com and search for "Lakota, ND."

LAKOTA