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This Week's Spotlight

Attention North Dakota Homeowners

If you are a homeowner and need help applying for the Primary Residence Property Tax Credit, the Pembina County Tax Office will be available every Wednesday from 1:00 p.m. to 3:00 p.m. through the months of January and February. If you have any questions, please call 701-265-4697.

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Sunflower Election in Pembina Co.

Sunflower growers in Pembina County are being urged to participate in the election of a county representative for the North Dakota Oilseed Council. All sunflower growers have a definite interest in the membership of the Council and are encouraged to participate in the election. The election for Pembina County will take place on Wednesday, January 15, 2025, at 10:00 a.m. (CT) at the Pembina County Courthouse (Farmer's Room) in Cavalier.

The election will be held in conjunction with the annual Pembina County Crop Improvement Association meeting.

Each person, landlord, tenant, husband and/or wife, who planted Sunflowers in 2024 or intends to plant Sunflowers in 2025 and is a participating producer who resides in Pembina County, if present in person, is entitled to vote and is eligible to be a candidate.

The election will be conducted under the supervision of Kari Helgoe, Extension Agent, NDSU Extension, Pembina County.

Newly elected county Sunflower representatives from District 1 will assemble REMOTELY via ZOOM on Friday, March 21, 2025 at 10:00 a.m. (CT) to elect the district's member of the North Dakota Oilseed Council - Sunflower.

The Oilseed Council was created by legislative enactment to facilitate the production, development, marketing and promotion of sunflower, safflower, rapeseed or canola, flax and crambe.

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Weekly Chuckle

*Just got hospitalized due to a peekaboo accident.
They put me in ICU....*

My New Year's resolution is to lose just enough weight so that my gut doesn't jiggle when I brush my teeth.

If quitters never win, and winners never quit, what food came up with "Quit while you're ahead"?

Discover The Joy Of Winter: Cross-Country Skiing At Cavalier City Park

By Michele Moquist

Winter in Cavalier, North Dakota, often feels endless. But for those willing to embrace the chill, it's a season full of opportunity and beauty. Inspired by the region's deep Scandinavian roots, there's a mindset that can transform how we see the frosty months: friluftsliv (pronounced "free-loofs-leaf"), meaning "fresh-air life." This Nordic philosophy encourages people to get outside, stay active, and connect with nature, no matter the weather.

At the heart of Cavalier, the City Park trail system offers locals and visitors alike the perfect way to embody friluftsliv. With its serene wooded trails and convenient location, the park is more than just a recreational space—it's a winter gem waiting to be explored.

For Doug Fisher, cross-country skiing at Cavalier City Park isn't just a hobby—it's a lifestyle. "The park is less than five minutes from my home," Doug shared. "It's so

convenient, and I can get a lot of skiing done without needing to travel far."

Doug's enthusiasm for the trails has grown over the years, thanks to continuous improvements. The paths have been widened, additional sections added, and overhanging branches cleared, making the experience smoother for skiers. "These upgrades make it perfect for everyone—from beginners to seasoned skiers," Doug shares gratefully.

Cross-country skiing at Cavalier City Park is more than just exercise; it's a chance to recharge. "The trails offer peace, tranquility, and beauty," Doug explained. "And studies show that time in nature is good for your mind and body."

Even on the harshest winter days, the park provides a refuge. The wooded trails shield skiers from biting winds, and the snow lingers in the shade even when nearby fields are bare. Wildlife signs are another delight. "You

Cross-Country Skiing continued on Page 14



Looking Back At 2024

~ Part 2 - July through December, 2024 ~

July, 2024 -

Erin Morrison of Bathgate was one of 142 people from 20 different countries who became U.S. citizens during a ceremony at NDSU... The Borg Home in Mountain planned for their 75th anniversary celebration August 2, 2024... Cavalier's class of 1974 held their 50 year reunion in July, 2024... John and Sharon Dunnigan celebrated their 50th wedding anniversary in July.

July Deaths:

Lucille E. Holmly Gould, Rolette; Allison (Brown) Mooney, 65, formerly of Cavalier; Richard M. Lawson, 83, Cavalier; Alfredia Maxwell, 83, Cavalier; Dr. Robert D. McCartney, 77, St. Thomas; Allen Miller Robinson, formerly of Hamilton; Marlene Gladys (Schaler) Nichols, 80, Georgetown, KY; Rose A. Sigurdson, 80, Edinburg; Curtis W. Samson, 63, Claremore, OK; LaVerne A. Mahar Costello, 86, Minto; Paul Margerum, 87, Sioux Falls, SD; Richard M. Bailly, 82, Champlin, MN; Harold G. Pelletier, 78, Cavalier; Jenny L. Halldorson, 43, Cavalier; Leslie D. Houston, 72, Bathgate.

August, 2024 -

Michele Moquist of Cavalier started working as a freelance writer for the Cavalier Chronicle... The 2024 Off The Charts music festival in Cavalier was another great success... The Chronicle featured a story on Up North Cabins, which expanded lodging options near the Pembina Gorge, announced by owners, Terry and Sarah Hinnenkamp... The former Freschette Oil/Stevenson Oil gas station was torn down with plans to rebuild at a later date...

August Deaths:

Lois G.S. Hardy, 92, Walhalla; Helen Hills, 91, Glasston.

"Looking Back" continued on Page 13



Cavalier's Class of '74 reunion. From left, front row: Beth (Martinez) Martin, Susan (Timian) Stibbe, Nita (Kemnitz) Warner, Pat (Caley) Hart, Brenda (Greenwood) Samson, Janet (Greenwood) Bell, Noreen (Byron) McDevitt, Colleen (Kuball) Fehr, Allen Anderson, Nancy (Carr) Campbell, Deb (Vistad) Morrison; second row: Janet (Crawford) Stegman, Wayne Peterson, Laurie (Fuller) Fontaine, Donna (Morrison) Johnson,

James Waslaski, Chuck Watson, Dianna (Schell) Peterson, Tim McGillivray, Debby (Hartje) Sloey; standing, back row: Kelly Olson, Doug Olason, Jeff Kemp, Dave McCurdy, Roxanne (Pleasance) Zorn, Rick Helgoe, Kaye (Mountain) Sott, Lee Gregoire, Tom Barta, Jerry Sagert, Rick Graalum, Barry Puppe, Kevin Berg, John Halldorson, Tim Carpenter.



The 188th Army National Guard Band performed several times during the 2024 Deuce of August

celebration in Moutin, including leading the annual Deuce of August parade.

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