



Julie Garden-Robinson
Food & Nutrition Specialist

A Balanced Plate Starts in the Morning

Inadequate sleep, physical inactivity and high blood pressure can increase risks of diabetes

“There was nothing for me to eat on the breakfast buffet, Julie.” “Remember, I have diabetes,” he added as I sat next to him at one of the tables.

I had noticed the buffet was filled with sweet rolls and lacked high-protein options.

“It was heavy on carbs,” I agreed. “I was hoping for some scrambled eggs.”

He drove to a nearby fast-food restaurant to pick up a breakfast sandwich.

I didn’t have the heart to tell him his choice wouldn’t earn a gold star in nutrition, but it was likely a better option than sugary

rolls.

Diabetes is a condition in which the body either does not make enough insulin or cannot use insulin effectively. Insulin helps move glucose (blood sugar) into the body’s cells, where it is used for energy.

When I was studying nutrition to become a dietitian, Type 1 diabetes was often called “juvenile diabetes” because it was most commonly diagnosed in young people. Today we know it can occur at any age, although it often develops in children, teens and young adults. People with Type 1 diabetes need daily insulin.

Gestational diabetes occurs during pregnancy. In many cases, blood sugar levels return to normal after the baby is born.

Type 2 diabetes is far more common than Type 1. Risk increases with factors such as excess body weight, being over 45, a family history of diabetes, and certain racial and ethnic backgrounds, including African American, Hispanic or Latino, and Native American or Alaska Native populations.

Prediabetes means blood sugar levels are higher than normal but not yet high enough for a diagnosis of Type 2 diabetes.

In addition to age, family history and genetics, factors such as inadequate sleep, physical inactivity and high blood pressure can increase diabetes risk. Uncontrolled diabetes can affect many parts of the body, including the heart, kidneys, eyes and nerves.

The Centers for Disease Control and Prevention estimates that about two in five U.S. adults have prediabetes, and most (about 80%) do not know it.



Everyone deserves to find something they can enjoy at a restaurant, regardless of their medical conditions. (NDSU photo)

Symptoms of unmanaged diabetes may include increased thirst, frequent urination, fatigue, blurry vision, slow-healing sores and tingling in the hands or feet.

If you notice these symptoms, see a health care provider for an accurate diagnosis. “Dr. Google” is not a reliable primary care provider.

For those with prediabetes, lifestyle changes — such as healthy eating, regular physical activity and modest weight loss — can delay or prevent the onset of Type 2 diabetes.

People can live long, healthy lives with well-managed diabetes. Working with a registered dietitian or certified diabetes care and education specialist can help you develop a personalized plan to manage your condition.

Technology for tracking blood sugar continues to improve. Continuous glucose monitoring, for example, operates with a sensor placed on your skin.

Check whether your community or local medical center offers diabetes support groups or education programs. Many Extension organizations across the U.S. offer programs designed to help prevent or manage diabetes.

A little planning goes a long way when providing food. Every-

one deserves to find something they can enjoy at the table, regardless of their medical conditions.

Here’s a simple breakfast idea developed by registered dietitian Toby Amidor for the American Diabetes Association (<https://diabetes.org/about-diabetes>). It appears in “The Create-Your-Plate

Diabetes Cookbook.”

Avocados provide heart-healthy monounsaturated fats, and whole-grain toast adds fiber, both of which provide a satisfying breakfast or snack. Avocados brown (“oxidize”), so be sure to eat this right away.

Avocado Toast with Tomato & Turkey Bacon

- 2 slices turkey bacon
- 1 ripe avocado, pitted and halved
- 2 slices whole-wheat bread, toasted
- 1/8 teaspoon salt
- 1/8 teaspoon black pepper
- 1 small tomato, thinly sliced

Coat a medium skillet with non-stick cooking spray and place it over medium heat until hot. Add the turkey bacon and cook until crispy, 8 minutes, flipping the slices over halfway through. Transfer the bacon to a paper towel-lined plate. Scoop out the flesh from each avocado half onto a slice of toasted bread. Mash the avocado with a fork until flattened. Sprinkle with sea salt and black pepper. Top each avocado toast with 1 slice of turkey bacon and half of the tomato slices.

Makes two servings. Each serving (1 slice) has 230 calories, 8 grams (g) protein, 16 g fat, 23 g carbohydrate, 5 g fiber and 430 milligrams sodium.

(Julie Garden-Robinson, Ph.D., R.D., L.R.D., is a North Dakota State University Extension food and nutrition specialist and professor in the Department of Health, Nutrition and Exercise Sciences.)

SUMMONS

TURTLE MOUNTAIN TRIBAL COURT - JUVENILE DIVISION
TURTLE MOUNTAIN RESERVATION
BELCOURT, NORTH DAKOTA

In the matter of the minor child(ren):
C.B., DOB: 05/01/2022; P.V., DOB: 11/15/2023

TM Child Welfare Petitioner(s))
VS)
SUMMONS)
CASE# JV-)
CW-23-15042)

Shawna Belgarde, mother)
Ryan Morin, father)

TO: Ryan Morin:

YOU ARE HEREBY summoned and required to appear before the Turtle Mountain Tribal Court in the above-entitled matter on the 22nd day of May, 2026 at 1:00p.m., to defend against the Request for Involuntary Termination of Parental Rights in the Turtle Mountain Tribal Court in Belcourt, North Dakota and herewith that has been served upon filed by Turtle Mountain Child Welfare in Belcourt, North Dakota.

Dated this 21st day of April, 2026

/s/Jenna Belgarde
Juvenile Clerk
Turtle Mountain Tribal Court
714 Little Shell Street NE
P.O. Box 900
Belcourt, North Dakota 58316
(701) 477-6121 ext 220

(#33, 34, 35)

SUMMONS

TURTLE MOUNTAIN TRIBAL COURT - JUVENILE DIVISION
TURTLE MOUNTAIN RESERVATION
BELCOURT, NORTH DAKOTA

In the matter of the minor child(ren):
M.D., DOB: 08/13/2019

TM Child Welfare Petitioner(s))
VS)
SUMMONS)
CASE# JV-)
CW-24-15013)

Tori DeCoteau, mother)
Unknown Father)

TO: Unknown Father:

YOU ARE HEREBY summoned and required to appear before the Turtle Mountain Tribal Court in the above-entitled matter on the 22nd day of May, 2026 at 9:15a.m., to defend against the Request for a Review Hearing in the Turtle Mountain Tribal Court in Belcourt, North Dakota and herewith that has been served upon filed by Turtle Mountain Child Welfare in Belcourt, North Dakota.

Dated this 20th day of April, 2026

/s/Jenna Belgarde
Juvenile Clerk
Turtle Mountain Tribal Court
714 Little Shell Street NE
P.O. Box 900
Belcourt, North Dakota 58316
(701) 477-6121 ext 220

(#33, 34, 35)

SUMMONS

TURTLE MOUNTAIN TRIBAL COURT - JUVENILE DIVISION
TURTLE MOUNTAIN RESERVATION
BELCOURT, NORTH DAKOTA

In the matter of the minor child(ren):
M.M., DOB: 06/08/2021

TM Child Welfare Petitioner(s))
VS)
SUMMONS)
CASE# JV-)
CW-24-15013)

Tori DeCoteau, mother)
Terry Manson, father)

TO: Terry Manson:

YOU ARE HEREBY summoned and required to appear before the Turtle Mountain Tribal Court in the above-entitled matter on the 22nd day of May, 2026 at 9:00a.m., to defend against the Request for a Review Hearing in the Turtle Mountain Tribal Court in Belcourt, North Dakota and herewith that has been served upon filed by Turtle Mountain Child Welfare in Belcourt, North Dakota.

Dated this 20th day of April, 2026

/s/Jenna Belgarde
Juvenile Clerk
Turtle Mountain Tribal Court
714 Little Shell Street NE
P.O. Box 900
Belcourt, North Dakota 58316
(701) 477-6121 ext 220

(#33, 34, 35)

May events scheduled at Pembina State Museum

PEMBINA, N.D. — Pembina State Museum is hosting free, family-friendly programs on Saturdays in May to share the games and skills that shaped the history of the region. Children must be accompanied by an adult.

- May 2, Hands on the Fur Trade, 1-4 p.m. Get your hands on replicas of trade goods from the early days of trade in Pembina. Learn what the value of a beaver pelt was in 1800.
- May 9, Make Your Own Red River Oxcart, 10 a.m.-4 p.m. Make a model oxcart with popsicle sticks to take home. All supplies are provided, limit of one cart per visitor.
- May 16, Games of Pembina’s Past: Dice Games, 1-4 p.m. Dice games were once vital for social interactions and trade. Learn more about the history of dice and try some of the games played in Pembina.
- May 23, The Little Grove and Summer Hours Grand Opening, 9 a.m.-5 p.m. Join us all day to inaugurate the Little Grove, our new play space for children ages 2 to 5.
- May 30, Arrows and Atlatls, 1-4 p.m. Learn about the tools prehistoric hunters used to survive and thrive on the prairies. Test your skills with targets, bows, arrows, and spear-throwers on the back lawn.

These events are part of the ND250 commemoration celebrating our country’s 250th birthday.

The Pembina State Museum, located at 805 Highway 59, Pembina, is managed by the State Historical Society of North Dakota. The museum is open Tuesday-Saturday, 9 a.m.-5 p.m., and will be open daily May 23-Sept. 7, 9 a.m.-5 p.m. For more information, contact Outreach Coordinator Brian Hardy, shspembina@nd.gov or 701.825.6840. Find upcoming events sponsored by the State Historical Society at history.nd.gov/events or call 701.328.2666.



Adler

By David Adler

Few exercises of governmental power trigger more questions about constitutionality and legality, not to mention considerations of wisdom and judgment, than warmaking, particularly unilateral presidential warmaking.

This is for good reason, of course, as American citizens bear the brunt of the toll that war exacts in lives lost and treasuries raided. The twists and turns of warfare are unpredictable. The impact on the economy and, indeed, the future of the country, is clouded and uncertain. This is true, whether the discussion involves the issue of presidential warmaking in Vietnam or Iran.

Recent questions from thoughtful readers of this column coalesce around a common theme: restraining presidential power to take the nation to war. They reflect a keen grasp of the sincere efforts, dating back to the framing of the Constitution, to subject the American Presidency to the rule of law, a task of enduring importance to the maintenance of the republic, but one fraught with challenges and resistance, grounded in political and personal motivations and interests. These good questions deserve more space than is available here, but with apologies, here are some abbreviated responses.

Numerous readers have asked whether presidential usurpation of the war power over time, by presidents of both parties, somehow renders the constitutional violations legal. These questions reflect a working knowledge of the fact that since 1950, Democrats and Republicans in the White House have commenced war without the requisite congressional authorization. Since my own loyalty is to the Constitution rather than party or president, I have for 40 years consistently criticized presidential usurpation of the war power, regardless of who is sitting in the Oval Office.

While the questions raised are rightly placed in a historical context, they have been sparked by President Trump’s war of choice in Iran. The war power, granted exclusively to Congress in the War Clause — Article I, section 8 — cannot be acquired through practice. In 1969, in *Powell v. McCormack*, Chief Justice Earl Warren wrote: “That an unconstitutional action has been taken before surely does not render that action any less unconstitutional at a later date.” Earlier, Justice Felix

Frankfurter, writing for a unanimous Court in 1940, in *Inland Waterways Corp. v. Young*, echoed a centuries-old principle of Anglo-American jurisprudence: “Illegality cannot attain legitimacy through practice.” To put this in homespun terms, the practice of stealing hubcaps cannot become legal through repetition.

In essence, the Court has repeatedly denied claims that the president can acquire power by a series of usurpations. If it were otherwise, the president might aggrandize all governmental power. Neither Congress nor the judiciary could lawfully restrain the president’s accumulated constitutional powers. Clearly, this practice would scuttle our entire constitutional jurisprudence. Thus, the most recent act of usurpation stands no better than the first.

Let us dive a little deeper. It is unwarranted to conclude that presidential usurpation, indulged by congressional acquiescence or passivity, attains a legal status. Congress may not divest itself of those powers conferred upon it by the Constitution, a necessary predicate of the separation of powers doctrine. Neither congressional abdication nor acquiescence can accomplish a transfer of authority to the president.

As the Court has held, harking back to an old axiom of English law, once powers are “granted, they are not lost by being allowed to lie dormant, any more than non-existent powers can be prescribed by an unchallenged exercise.” This principle is true of any constitutional power vested in Congress, whether it is the authority to commence war, write laws or spend taxpayer dollars. If Congress wishes to change the allocation of constitutional powers, it must invoke the amendatory process. Neither the president nor the Congress has authority to void constitutional arrangements ratified by the sovereign people.

Of course, for the past several decades, the congressional power to decide for war and peace has at times been usurped by the executive. In this case, there is a fundamental conflict between the principles of the Constitution and the practice of government. A 17th Century English commentator, observing a similar state of affairs, noted, “the practice of government is but feeble proof of its legality.” In the United States, there is no better illustration of this than in presidential aggrandizement of the war power.



Turtle Mountain Band of Chippewa Indians

P. O. Box 900 - Belcourt, ND 58316

REQUEST FOR BIDS

The Turtle Mountain Band of Chippewa Indians, Environmental Brownsfield Program is requesting sealed bids for the following:

- Trade in:**
- 2023 Hyundai Santa Fe.
 - 38,422 mi,
 - white 4dr

ONE (1) 2025 or newer crew cab truck

- Ford, Chevy or Dodge
- Basic requirements:
- Drive train: four -wheel drive
- Tow package
- Interior:
- Transmission: automatic
- Engine: 5.3L v-8, 6.2L v-8, or 6.6L v-8

Please contact the TMBCI Environmental Brownsfields Program-Coordinator, Philip Lenoir at (701) 477-8339

Bidder is required to include 3% TERO fee to bids of \$10,000 or more. Must specify 3% TERO fee.

All sealed bids should be addressed and mailed to:
(Please clearly mark envelope as BID)
Allan Malatterre
Turtle Mountain Property/supply Department
PO box 900 Belcourt ND, 58316
Contact No: 701-477-2635

No faxed bids will be accepted.

All tribal and TERO regulations will be applicable, and must be concurred with.

The Turtle Mountain Band of Chippewa Indian reserves the right to accept or reject any or all bids.

Closing Date all bids must be received on or before the close of business at 4:30 pm, April 30, 2026.



TURTLE MOUNTAIN HOUSING AUTHORITY T.D.H.E. A TRIBALLY DESIGNATED HOUSING ENTITY

P.O. BOX 620 • 1/4 mile S. on Hwy. #5 • Belcourt, ND 58316-0620
Telephone 701-477-5673 Administration Office Fax 701-477-3247

BID ADVERTISEMENT Disposition of Equipment

The Turtle Mountain Housing Authority will be accepting bids from now through May 13, 2026, at 2:00p.m. CST. Below is a list of vehicles and equipment being bid on:

- 2006 Chevrolet Silverado 3/4 ton, 4x4, #10-Transfer Case issues.
- 2006 Chevrolet Silverado 3/4 ton, 4x4, #22 - Transmission issues
- 2009 Ford F-150 1/2 ton, 4x4, #19 - Transmission issues
- 2005 AGCO Utility Tractor 4x4 - PTO issues
- 2002 Ford F-250 3/4 ton, ext. cab, 4x4 - front end issues
- Husqvarna Lawn Tractor - Parts
- Husqvarna Lawn Tractor - Parts
- Cub Cadet Lawn Tractor - Parts

**** Unreasonable low bids may be rejected at TMHA’s discretion****

To view the items, please contact Property & Supply at (701) 477-3153. Bids should be submitted to the TMHA Main Office no later than 2:00p.m. on May 13th. The bid should be in a sealed envelope with the name(s) of the equipment being bid on.

TMHA reserves the right to waive any informality and/or reject any and all bids. Indian Preference will Apply.