



Julie Garden-Robinson
Food & Nutrition Specialist

Protect Your Skin — Simple Steps to Prevent Skin Cancer

Skin cancer is the most common cancer in the United States

“What’s on your cup?” someone asked me.

I showed him the sun safety decal. It featured a cartoon sun wearing a broad-brimmed hat and holding a bottle of sunscreen. I was hoping people would notice its colorful text: “Protect Your Skin.”

We’ve been sharing these reminders in honor of Skin Cancer Awareness Month, observed in May.

“We used to use coconut oil,” my friend added with a laugh.

That comment brought back memories. When I was a teenager, some people spread baby oil mixed with iodine on their skin, then tanned. I tried that once. After about 15 minutes, I was convinced I might burst into flames. I went inside and didn’t go back out.

Over time, I had to adjust to being fair-skinned in all seasons. Back then, I didn’t realize that too much sun exposure was linked to skin cancer and premature aging. When you’re young, those risks don’t seem real. Aging feels far away.

Unfortunately, the facts tell a different story. Skin cancer is the

most common form of cancer in the United States. One in five Americans will develop skin cancer by age 70.

Melanoma is the most dangerous form. Basal cell carcinoma and squamous cell carcinoma are more common, but they still require treatment. In fact, more than 6 million adults are treated for basal cell or squamous cell skin cancers each year.

The encouraging news is that skin cancer is also one of the most preventable types of cancer. Early detection through regular skin checks can save lives.

Watch for the warning signs using the “ABCDE” guide:

- **Asymmetry** – the two halves of a spot do not match
- **Border irregularity** – edges are ragged, notched or blurred
- **Color** – uneven shades of brown, black, red, white or blue
- **Diameter** – usually larger than a pencil eraser
- **Evolving** – any change in size, shape or color

We also have many effective ways to protect our skin. When the ultraviolet (UV) index is 3 or higher, be sure to take precautions. That level means the UV



The sun’s powerful UV rays can still reach your skin on cloudy days. (Pixabay photo)

rays can damage your skin in 15 minutes without protection.

Stay in the shade whenever possible, particularly between 10 a.m. and 4 p.m., when the sun’s rays are strongest. Keep in mind that UV rays can still reach your skin on cloudy days.

Whether working outdoors, fishing, golfing or gardening, cover your skin by wearing long-sleeved shirts and pants when possible. Choose a broad-brimmed hat that shades your face, ears and neck. Ball caps may protect your face, but they leave your ears and neck exposed. Some people who regularly wear ball caps also wear scars from skin cancer removal.

Infants under six months of age should be kept out of direct sunlight, as sunscreen is not recommended for them.

Protect your eyes with wrap-around sunglasses that block both UVA and UVB rays.

Use a broad-spectrum sunscreen with a sun protection factor (SPF) of at least 30. When applied properly, SPF 30 sunscreen blocks about 97% of UVB rays, but it must be reapplied every two hours — even more if you are

swimming or sweating. No sunscreen is truly waterproof.

Store sunscreen out of direct sunlight, such as in the shade or wrapped in a towel. Be sure to discard sunscreen after its expiration date or within three years of purchase.

As the weather warms up, you might also be looking for a cool

treat. Here’s a simple recipe that includes nutrients important for skin health, such as vitamins A and C and protein:

Apricot Pops

- 1 (15-ounce) can apricots (packed in juice)
- 2 (6-ounce) cartons sugar-free vanilla yogurt
- 8 small paper cups
- 8 wooden sticks or plastic spoons

Drain the apricots, then blend them with the yogurt until smooth. Pour the mixture into paper cups and freeze. After about 30 minutes, insert a wooden stick or spoon into each cup. Continue freezing for 3-4 hours, until solid. To serve, run warm water over the outside of the cups for about 20 seconds.

Makes eight servings. Each serving contains about 70 calories, 0 grams of fat, 2 grams of protein, 17 grams of carbohydrates, 1 gram of fiber, and 20 milligrams of 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.)

~~ We the People ~~

Readers ask about restraining presidential warmaking



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 treasures 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.

ND DOT to visit four reservations to help residents obtain voter IDs

BISMARCK, N.D. (KFYR) - The North Dakota Department of Transportation will bring its free

non-driver photo ID program to four tribal nations in May. The agency said staff will take

photos and verify documents on-site, then process applications overnight and mail IDs within five days.

The IDs can be used for voting.


Event schedule:

- The Spirit Lake Nation event will run from 10 a.m. to 3 p.m. on May 4 at The Blue Building, 816 3rd Ave. N., Fort Totten.
- The Standing Rock Sioux event will run from 10 a.m. to 3 p.m. on May 5 at the Sioux County Courthouse, 303 2nd Ave., Fort Yates.
- The Mandan, Hidatsa and Arikara Nation event will run from 10 a.m. to 3 p.m. on May 18 at Northern Lights Wellness Center, 710 East Ave., New Town.
- The Turtle Mountain Band of Chippewa event will run from 10 a.m. to 3 p.m. on May 19 at Sky Dancer Casino, 3965 Sky Dancer Way, NE., Belcourt.

Required documents:

Applicants must provide a certified birth certificate and, if applicable, documentation of a court-issued name change, such as a certified marriage certificate, divorce decree or adoption order.

Applicants will also need a Social Security card and proof of a North Dakota resident physical address.



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.




TURTLE MOUNTAIN HOUSING AUTHORITY, T.D.H.E.
A TRIBALLY DESIGNATED HOUSING ENTITY
P.O. BOX 620 • 9818 BIA RD 7 - SUITE 7 • BELCOURT, NORTH DAKOTA 58316-0620
TELEPHONE: 701-477-5673 ADMINISTRATION OFFICE FAX: 701-477-0193

TURTLE MOUNTAIN HOUSING AUTHORITY
BATHROOM RENOVATION
Unit 991 Eagles View

Project Location: Eagles View, Unit 991, Belcourt, North Dakota 58316
Bid Due Date: MAY 15, 2026 @ 2:00 p.m.

For more information contact Dave Nadeau, TMHA Maintenance Director, or to request a BID PACKET, contact Alex Davis or Danelle Baker at the Turtle Mountain Housing Authority Main Office during business hours.

The Turtle Mountain Housing Authority reserves the right to reject any or all bids. Project subject to TERO, and federal requirements



Turtle Mountain Band of Chippewa Indians
P. O. Box 900 - Belcourt, ND 58316

REQUEST FOR BIDS

The Turtle Mountain Chippewa Tribal Transit Department is requesting sealed bids for the following:

Asphalt Hot Box, Infrared Asphalt Recycler, and a Ditch Reclaimer

Hot Box

- New
- Able to manage up to four (4) tons (8,000 lbs.) of plant asphalt road mix
- Permanently mounted to trailer
- Able to manage both hot mix asphalt or cold patch materials at workable temperatures
- Heating unit is an efficient use of fuel and controlled by an electronically controlled thermostat
- Asphalt storage unit will be heated by a diesel fueled burner
- Gravity feed of material toward shovel ports
- Cantilevered handles for easy lid opening and closing
- Shoveling ports located at the rear of the unit for unloading material
- Minimum 1 year (12 month) Warranty

Infrared Asphalt Recycler

- Unit must be able to soften asphalt as large as 22 square feet in area for in-place and recycled bituminous pavement surfaces.
- Unit must have at least two independent zones that allow for multiple heating configurations
- Heating system will be a mixture of air and liquefied petroleum gas
- Emergency shut off switch
- Heating system will be controlled by an automatic timed on/off heating cycle

Ditch Reclaimer

- Able to mount to motor grader
- Minimum of 10, 24 inch discs
- 2-4 bolt pillow block
- Disc angle must be 25 degrees from direction of travel
- Parallel front mount lift system

Must specify 3% TERO fee.

For any questions, please contact Ronald Trotter, TMBCI Transportation Department (701) 477-8345

All sealed bids should be addressed and mailed or delivered to:

Allan Malatterre
Turtle Mountain Band of Chippewa Indians
PO Box 900
4180 Highway 281
Belcourt, ND 58316
Contact No: 701-477-2635

Closing Date: All bids must be received on or before 3:30pm, **Monday, May 11, 2026.**