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## Celebrate smart with budget friendly party ideas

Making a charcuterie board is a trendy way to add nutrients to your next party.



Being a little creative with party food can save you money if you do some of the work yourself. (Pexels photo)

I thought I'd have so much time this spring compared to last year. A year ago, I was helping plan two national conferences and preparing for our first family wedding.

I made more than 200 decorated cupcakes for the wedding. What was I thinking?

My bank account was on my mind, because those fancy cupcakes would have cost more than \$1,000.

We had successful events, but I was pretty tired by the time summer arrived. I was ready for a

break. The year looked calmer, at least on paper.

Spring is a time of celebrations — from weddings to graduations to anniversaries. Whether you are a guest or the head planner, being a little creative can save you money if you do some of the work yourself.

Remember: safety first. Plan ahead and remember the temperature rules.

• Keep hot foods hot and cold foods cold. Refrigerate or freeze perishable foods in shallow containers within two hours. High-protein, high-moisture foods that

are temperature-abused are most likely to be linked with foodborne illness.

• Keep cut fruit cold. Nest bowls of cut fruit and salad in larger bowls of ice. The food should maintain an internal temperature of 40 degrees Fahrenheit.

• Invest in temperature-maintaining equipment such as slow cookers for high-protein meats and warm dips. The food should maintain an internal temperature of 140 degrees F, according to U.S. Department of Agriculture recommendations.

• Prepare smaller trays or bowls of food and replenish regularly. Keep the remaining food in the oven or refrigerator.

Let's get creative. How about making your own charcuterie boards? A few years ago, charcuterie boards were not mainstream. Technically, "charcuterie" refers to cooked meats such as salami and prosciutto. A quick search online will inspire you with images of artistic spreads.

• Select a board or platter and some small bowls. Be sure the board is large enough to hold the amount of food you will need for your guests.

• Choose meats or other protein sources, such as deviled eggs. Pick out crackers or bread. If you have guests with intolerances or allergies, have some allergen-free options.

• Select cheeses. Go for a variety of soft or hard cheeses to vary the texture.

• Add a variety of fruits and vegetables for pops of color and nutrition. Arrange some red, green, orange and/or yellow bell pepper strips, along with carrot sticks, cucumber slices and other veggies.

• In the small bowls, include a dip or spread such as hummus, jam, mustard or cream cheese-based dip.

• Add nuts, seeds or pickled or sweet treats in other bowls.

• Provide forks, spoons, tongs and small plates for guests to select their food.

For more ideas, see "7 Steps to Creating a Charcuterie Board" from North Dakota State University Extension.

How about a "meal in a bowl" buffet? Keep cooked food hot in slow cookers.

• Choose a grain such as cooked brown rice, wild rice, couscous (durum-wheat product), pasta or other grain.

• Provide vegetables for flavor, fiber and nutrition. Chopped peppers, onions, tomatoes, spinach, carrots and zucchini are good choices.

• For sweeter bowls — such as breakfast bowls with oatmeal — provide berries or slices of apple or banana. Dip fruit slices in orange juice to prevent browning.

• Include protein, such as cooked ground beef, poultry or lean ham. Black beans provide fiber.

• Provide sauce or seasoning. For Asian-inspired bowls, use teriyaki or sweet and sour sauce. For Mexican bowls, provide salsa or taco sauce. For an Italian bowl, provide marinara or alfredo sauce.

For more ideas, see "5 Steps to Making Your Own Meal in a Bowl" from NDSU Extension.

If you'd like more ideas for healthful food buffets that won't break the bank, see the entire "Pinchin' Pennie\$ in the Kitchen" series under "Cooking on a Budget" with the Food Preparation resources at NDSU Extension.

If you're planning a dessert spread, consider adding a simple, protein-packed option like this one. Then relax and enjoy the party.

### Dessert Hummus

- 1 (15-ounce) can chickpeas, drained and rinsed
- ¼ cup creamy peanut butter
- ¼ cup maple syrup
- ½ tablespoons vanilla extract
- ¼ cup mini semisweet chocolate chips

Blend together the chickpeas, peanut butter, maple syrup and vanilla extract by hand or in a blender. Stir chocolate chips into mixture. Serve with fruit or graham crackers.

Makes six servings. Each serving has 190 calories, 8 grams (g) fat, 6 g protein, 27 g carbohydrate, 5 g fiber and 75 milligrams sodium.

~~ We the People ~~

# The Birthright Citizenship Case and the Text of the 14th Amendment



Adler

David Adler

The text of Section One of the 14th Amendment declares: "All persons born or naturalized in the United States, and subject to the jurisdiction thereof, are citizens of the United States and of the State wherein they reside." In the history of the U.S. Supreme Court, those words have meant what they say. Apart from a few narrow exceptions—children born to foreign ambassadors, children of soldiers actively occupying U.S. territory, and, until 1924, members of Native American tribes who owed direct allegiance to their tribes, rather than the United States-- the clause has been interpreted to confer "Birthright Citizenship" on virtually everyone born on American soil, or under the American flag.

However, on the first day of his second term of office, President Donald Trump issued on January 20, 2025, Executive Order 14160 that would limit "Birthright Citizenship" to the children of U.S. citizens and lawful permanent residents (green-card recipients). Trump's order was declared blatantly unconstitutional by various federal courts and has never been effectuated, anywhere. In Trump v. Barbara, the administration brought an appeal to the U.S. Supreme Court, which held oral argument last week. The Justices' questions, across the bench, reflected, at a minimum, deep skepticism of the government's argument, and indicated little, if any, support for Trump's order. Rightly so. The order, as a federal judge had written, flouted the constitutional text and principles, congressional intent and longstanding Supreme Court precedent.

The most conspicuous, historic purpose of the Citizenship Clause, ratified in 1868, was to confer upon former slaves and their children, the status of citizenship, thus overruling the Court's infamous Dred Scott decision, which held that Black people whose ancestors were seized and brought to this nation, and sold as slaves, were not entitled to any protection from federal courts because they were not, and never could become, U.S. citizens. Those who controlled the Reconstruction Congress--the Radical Republicans--however, revolutionized the nation and the Constitution through the 13th, 14th and 15th Amendments,

which placed Blacks on par with whites in the eyes of the law.

The Citizenship Clause, emphatically, was not limited to the protection of the newly freedman. Senator Lyman Trumbull, one of the leading Radicals and the principal author of the provision, referred in the original bill that established birthright citizenship to people of "African descent." He later changed that language to "all persons born in the United States," which prompted Senator Edgar Cowan to ask Trumbull if the clause would make citizens of the "children of Chinese and Gypsies born in this country." Trumbull's reply says everything about the scope of the amendment. "Undoubtedly," he said, confirming the expansive scope of Birthright Citizenship, which is centered on soil, not blood.

The Cowan-Trumbull exchange, like the broader legislative history that illuminates the original understanding of the 39th Congress that wrote the 14th Amendment, represents a direct repudiation of President Donald Trump's claim that the citizenship clause was limited "to babies of slaves."

The strict limitations on birthright citizenship imposed by Trump's executive order, advanced by the administration in Trump v. Barbara, the case before the Supreme court challenging

the order, finds no support in our legal history. In fact, the Court, in U.S. v. Wong Kim Ark (1898), held that the 14th Amendment protections extend to babies born in the United States to parents of noncitizens. As Justice Horace Gray observed, the clause is not restricted by "color or race."

President Trump's executive order, and the administration's arguments in support of it, fly in the face of 150 years of historical understanding of the Citizenship Clause. Trump falsely claims that no other country has birthright citizenship. At least 30 other countries do. The government's argument that birthright citizenship does not include those who are temporarily in the nation, or those here illegally, and thus not "under the jurisdiction" of the United States, contradicts the reasoning of the Court's landmark opinion in Plyler v. Doe (1982). In Doe, Justice William Brennan wrote that undocumented children are "persons" under the jurisdiction of state law and the 14th Amendment's Equal Protection Clause.

Birthright citizenship speaks to who, and what, we are as a nation. The premise and promise of the 14th Amendment is that America is not defined by bloodlines, but by values, laws and rights that should be applied to all, equally, beginning at birth.

### Belcourt School District #7 Bid Advertisement

Date: April 6, 2026

The Belcourt School District is calling for sealed bids for the following:


- Remove the existing finish of the TMHS Gym floor surface
- Replace all TMHS gym floor game lines & striping
- Replace all TMHS gym floor graphics
- Replace all TMHS painted borders & logo/lettering locations
- Treat completed floor surface with appropriate wood floor finish and sealers

Any other service offers, options, warranties or assumed costs must be listed in the bid proposal for consideration. For further information, contact Mr. Brad LaRocque by email at Bradley.LaRocque@k12.nd.us or by phone at (701)/477-6471 ext. 3300.

All interested businesses or parties submitting bids will solely be responsible for compliance with the Turtle Mountain Band of Chippewa Indians Tribal Employment Rights Ordinance (TERO) Requirements and any other applicable law. For further information on TERO, call (701)/477-2600.

Sealed bids must be submitted to Duane Poitra, Business Manager at the school Business Office by Thursday April 16, 2026 at 4:00 pm. The mailing address is Belcourt School District #7, Attn: Duane Poitra, PO Box 440, Belcourt, ND 58316. The bid committee will open the bids in an open setting and will present their recommendation to the School Board at its next meeting. The Belcourt School District #7 Board reserves the right to accept or reject any or all bids or any part of the bid or to waive any formalities in the bidding. For further information regarding the bidding process, contact:

Duane Poitra  
Business Manager  
P.O. Box 440  
Belcourt, ND 58316  
(701) 477-6471 ext. 3213



## Turtle Mountain Housing Authority

### Homeowners Assistance Fund EXPO

Need help with finding a contractor? We can help you!

**Thursday, April 30<sup>th</sup>, 2026**      **3:00 P.M.-7:00 P.M.**

**@SkyDancer Casino Event Room**

<u>What to Expect:</u>	<u>Who should attend?</u>
<ul style="list-style-type: none"> <li>✓ Planning your project</li> <li>✓ Meet skilled contractors and reliable services for repairs and ongoing care</li> <li>✓ Talk directly with professionals</li> <li>✓ HAF Contract Information</li> </ul>	<ul style="list-style-type: none"> <li>✓ Homeowners on HAF Program in need of a contractor</li> <li>✓ TERO Licensed Contractors</li> <li>✓ Potential HAF Applicants</li> </ul>

**Don't miss this opportunity to get the help you need!**

For more information, you may contact the TMHA Homeowners Assistance Fund Program staff at [haf@tmhousing.net](mailto:haf@tmhousing.net) or (701) 477-5051.