



**Julie Garden-Robinson**  
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## Nostalgia is sweet, but so is moderation

*The American Heart Association advises no more than 100 calories of added sugar per day.*

“Do you remember the packs of candy cigarettes?” a dining companion asked.

“Oh, yes. What about the pink bubblegum cigars?” another added.

“Of course. How about the little wax pop bottles with colored syrup?” a third mentioned.

I remembered all of these. I recall thinking it was cool to puff on candy cigarettes and cigars. Fortunately, I didn’t take up smoking the real things.

We were practically bathing our teeth in sugar. The bubblegum cigars alone could have taken out a filling or two.

I also enjoyed wearing red wax candy lips to the dinner table. Of course, I was always reminded to remove them before eating.

Candy has been around for centuries. Early civilizations in Rome, Egypt, Greece and China used honey to coat fruits and flowers. Sweet foods were typi-

cally safe foods.

However, over the course of history, some candy makers added ingredients to enhance color and flavor that are now known to be hazardous. Eventually, regulations were put in place to prevent the addition of substances such as lead and mercury.

As time progressed, people experimented by heating sugar to make hard candy and taffy. Others added nuts and other ingredients.

Candy evolved into a major industry that continues to this day. In fact, the National Confectioners Association reports that nearly every household (99.8%) purchased candy in 2025, with sales topping \$55 billion.

Too much added sugar is not good for our health. Many health experts advise us to limit our added sugar intake to no more than 10% of total calories — 200 calories a day (50 grams) — on a



Health experts advise limiting our added sugar intake to no more than 10% of our daily calories total. (Pixabay photo)

2,000-calorie-per-day diet.

The American Heart Association advises no more than 100 calories (25 grams) of added sugar per day.

Why all the emphasis on sugar? Too much sugar is not only linked to tooth decay but also obesity, heart disease, liver disease, diabetes and high blood pressure.

On a positive side, sugar adds desirable flavor, helps preserve foods and helps bread rise.

Added sugar comes from a variety of sources, ranging from granola bars to pasta sauce, salad dressing and ketchup. The major-

ity (32%) of our added sugar consumption comes from sweetened beverages such as pop and other soft drinks. One can of regular pop can have upwards of 16 teaspoons of sugar.

If you drink “regular” soda and want to cut back, try the small cans. Even better, swap to plain water or add a splash of juice.

Candy (chocolate or otherwise) is another popular source of added sugar. We can all have a little chocolate as a sweet treat. Instead of a full bar of candy, have a snack-size piece and savor it. Feel the texture as it melts in your

mouth.

Along with downsizing your sweet treats, try these tips:

- Trim the sugar in recipes such as brownies by one-third. Most recipes will still work with less sugar.
- Use naturally sweet applesauce in place of half of the fat for texture. That swap will also sweeten the recipe.
- Make mini muffins instead of full-sized muffins.
- Cut desserts into smaller pieces.
- Read and compare labels.
- Add some flavor with spices. Add a sprinkle of cinnamon to your coffee to give the illusion of

sweetness.

- Sweeten cereal, such as oatmeal, with fresh fruit.
- Choose fruit canned in juice instead of syrup.

Have fun with sweet memories, but make choices that promote good health.

Here’s an easy recipe that also provides calcium from the yogurt. Honey is a natural sweetener with a distinctive flavor. It is high in fructose, which is naturally sweeter than other forms of sugar.

### Honey Yogurt Fruit Dip

- 1 cup nonfat or low-fat plain yogurt
- 1 teaspoon vanilla
- ½ teaspoon cinnamon
- 2 tablespoons honey (or to taste)
- Red and green apple slices (or fruit of choice)

Mix yogurt with cinnamon and honey. Rinse and slice apples right before serving. To help prevent browning, dip in orange juice.

Makes four servings. Each serving of dip has 70 calories, 0 grams (g) fat, 3 g protein, 13 g carbohydrate, 0 g fiber and 45 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.)*

## Preventing ticks and tickborne diseases this spring and summer

Bismarck, ND- Spring showers and warmer temperatures may bring flowers, but they also bring out ticks. North Dakota Health and Human Services (HHS) encourages individuals to be aware of ticks, the diseases they carry, such as Lyme disease, anaplasmosis, alpha-gal syndrome and Rocky Mountain spotted fever, and to take precautions.

Last year, there were 37 cases of Lyme disease reported in North Da-

kota – double the number identified in 2024 and 2023. Ticks that carry the disease can be found statewide.

Ticks live in grassy, bushy or wooded areas and are active when temperatures are above freezing.

To prevent tick bites, HHS recommends:

Avoiding wooded, brushy areas with high grass and leaf litter and walking in the center of trails.

Using an Environmental Protection Agency (EPA)-registered insect re-

pellent. EPA’s search tool can help North Dakotans find the right product.

Checking body and clothing for ticks after coming indoors. When doing a body check, search in and around the hair, ears, under arms, inside the belly button, around the waist, on legs and the back of the knees.

Checking pets daily for ticks and talking to a veterinarian about tick prevention products.

If a tick is spotted on the body and is biting, prompt removal is important to lower the risk of tickborne disease. Use fine-tipped tweezers to grasp the tick and remove it. Afterwards, thoroughly clean the bite area and dispose of the tick by putting it in alcohol and then placing it in a sealed bag or container, wrapping it tightly in tape, or flushing it down the toilet.

Contact a healthcare provider if a rash, fever, fatigue, headache, muscle pain or joint swelling and pain appear within 30 days after a tick bite.

In 2025, North Dakota Tick Surveillance through HHS recorded 616 American dog ticks and one deer tick between April and July. This data is collected through partnerships with North Dakota Game and Fish, Wildlife Services and veterinarians across the state. Ticks are submitted for identification and testing.

North Dakotans can also help by submitting pictures and location information about ticks they find by emailing [NDTicks@nd.gov](mailto:NDTicks@nd.gov). Tick surveillance helps HHS identify the types of ticks and tickborne diseases present in North Dakota.

For more information on tickborne diseases, visit [hhs.nd.gov/health/diseases-conditions-and-immunization/tick-borne](http://hhs.nd.gov/health/diseases-conditions-and-immunization/tick-borne).

~ We the People ~

## Supreme Court Usurps Congressional Power, Destroys Voting Rights Act, Ignores 15th Amendment



Adler

By David Adler

The Supreme Court last week delivered in *Callais v. Louisiana* a ruling that demolished the landmark 1965 Voting Rights Act, widely characterized as the crown jewel of the civil rights movement for its essential role as the statutory enforcement mechanism for breathing life into the 15th Amendment guarantee of Black voting rights, and its pursuit of racially equal electoral opportunity, a fair chance for representation and democracy. The 15th Amendment declares that a citizen’s right to vote “shall not be denied or abridged by the United States or by any State on account of race, color, or previous condition of servitude.” The Amendment vests in Congress sweeping authority to pass “appropriate legislation” to enforce it, which it exercised in enacting the historic Voting Rights Act. The Court’s ruling gutted a core part of the statute and will have the effect of excluding people of color from the political process.

Justice Samuel Alito’s 6-3 opinion for the Court in *Callais*, striking down Louisiana’s congressional map on grounds that the creation of a majority-minority district—designed to provide representation for Black voters—represents an unconstitutional racial gerrymander, and is a striking exercise in judicial usurpation of the lawmaking power of Congress for its rewriting of the text of the Voting Rights Act. Section 2 of the VRA prohibited states from passing laws to “deny or abridge” the right to vote, “on account of race or color.” In 1982, Congress, with the support of President Ronald Reagan, amended the statute, and strengthened its anti-discrimination purpose, after the Supreme Court upheld in a 1980 case that involved the City of Mobile, Alabama’s at-large election system for choosing members of a commission, when it articulated a narrow holding that section 2 of the VRA is not violated unless governmental action is “motivated by a discriminatory purpose.”

Unhappy with the judicial creation of proof of discrimination as a standard that would facilitate circumvention of Section 2, Congress overruled the decision by changing the statutory language so that states may not impose any electoral rule that “re-

sults in a denial or abridgement” of voting rights on account of race. By replacing “intent” with “results,” Congress provided a standard that could be readily recognized and remedied.

In *Callais*, however, Justice Alito wholly ignored the fact that Congress had amended the Act as a direct repudiation of the Court’s test and defiantly resurrected the standard that Congress had rejected. In a blistering dissent, Justice Elena Kagan wrote that the ruling leaves the Voting rights Act as “all but a dead letter,” and called out Alito’s offense with a reminder of constitutional fundamentals: Congress writes the laws and the Court’s job is to interpret the law, not rewrite a statute that the Justices do not like. In a nutshell, the Court’s ruling represents a grave blow to racial equality, particularly in the South. Elections scholar, Rick Hasen, has warned: “This decision will bleach the halls of Congress, state legislatures, and local bodies like city councils.” Scholars rightly fear the fastest, and largest, rollback in congressional representation since the end of Reconstruction.

The “intentionality” test will prove nearly impossible to satisfy. Justice Alito seems to have been unable to resist a rather smug prescription for

defeating efforts that challenge district drawings on grounds of racial discrimination. Since partisan gerrymandering was upheld by the Court in *Rucho v. Common Cause*, in 2019, Alito declared in *Callais* that states are free to gerrymander for partisan advantage. He said, “litigants cannot circumvent *Rucho* by dressing their political gerrymandering claims in racial garb.” Alito’s cynical advice to legislators eager to maximize their power at the expense of political participation for Black voters, does not easily fit the portrait of Supreme Court Justices who simply call balls and strikes.

The denial of representation to Black voters, for that is what racial gerrymandering amounts to, is an offense to the goals of racial equality and democracy. To be clear, the VRA has never required racial proportionality in drawing voting districts, but just the chance to participate in the shaping of laws and the selection of our representatives. Voting is a right, after all, but racial gerrymandering, engineered to dilute the voting power of people of color, hollows out the right of political citizenship, a right that most Americans believe is central to representative government.

**Sky Dancer Casino & Resort has the following full-time regular position open for hire:**

<b>DATE:</b>	<b>5/6/2026</b>
<b>DEPARTMENT:</b>	<b>Slots</b>
<b>POSITION:</b>	<b>Slot Operations Manager</b>
<b>HOURS:</b>	<b>Full-time</b>
<b>SHIFT:</b>	<b>Rotating</b>
<b>CLOSING:</b>	<b>Open Until Filled</b>

**Must meet all requirements as stated in the job description.**

**Application must be returned to Sky Dancer Casino & Resort Human Resource Office.**

**Job description and applications may be requested from Human Resources at 701-244-2400 ext. 6202 or [hr@skydancercasino.com](mailto:hr@skydancercasino.com)**

**BID REQUEST**

Open Date: May 11, 2026

The Belcourt School District is calling for sealed bids for:

- **The purchase of two (2) new 71-passenger school buses with gasoline engine and automatic transmission.**

Pricing for each bus must be listed. Successful bidders must be a licensed, bonded, franchised dealer with warranty and parts availability. Any offers by the bidders of warranties, options, or assumed costs must be listed in the bids. For exact bid specification questions or information on used buses, contact Mr. Ray Trotter Jr. at (701)/477-6471 ext. 3307.

All interested businesses or parties submitting bids must comply with the Turtle Mountain Band of Chippewa Indians Tribal Employment Rights Ordinance (TERO) Requirements. All parties must have or acquire a tribal business license before the final purchase is made. For further information on TERO or EPA fees, call (701)/477-2600.

Sealed bids must be submitted to Duane Poitra at the school Business Office by the closing date of May 26, 2026 at 1:00 pm. The mailing address is Belcourt School District #7, Attn: Duane Poitra, PO Box 440, Belcourt, ND 58316. The bid will be opened at the school Business Office and will be presented to the School Board at its next regular 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 contact:

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

**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

**BID ADVERTISEMENT**  
**TURTLE MOUNTAIN HOUSING AUTHORITY**  
**WILLOW MANOR - EXTERIOR STONE VENEER PROJECT**

**Project Location: 1009 Louis Riel St, 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*