



Julie Garden-Robinson
Food & Nutrition Specialist

Rethinking alcohol and health

Only about 54% of U.S. adults have reported consuming alcohol, the lowest level recorded in nearly 90 years

"I can't find a picture of a picnic or dinner party without an alcoholic beverage appearing," I thought to myself.

I always provide a photo from a free online collection in case editors want to use it with this column. I didn't want to give the impression that I was promoting alcohol by featuring photos of family gatherings with bottles of wine and cocktails.

Historically, alcohol has been woven into many cultures. In parts of Europe, for example, children were once given small amounts of wine as a way to teach responsible drinking, according to some historians. In fact, until the practice was banned in the mid-1950s, some French schools served alcohol to children. You read that correctly.

When I was a child, I remember my dad giving me about one-fourth cup of beer one evening while we were watching TV. I took a sip and wondered, "How could anyone drink this stuff?" I

handed it right back. If he was trying to convince me never to drink beer, it certainly worked.

So, what is the relationship between alcohol and our health?

Unfortunately, alcohol of any kind or in any amount does not promote good health.

Previous editions of the U.S. Dietary Guidelines for Americans set limits of up to two drinks per day for men and one drink per day for women. One "drink" is typically defined as a 12-ounce beer (5% alcohol by volume), a 5-ounce glass of wine (12% alcohol by volume) or 1.5 ounces of distilled spirits (40% alcohol by volume). The Centers for Disease Control and Prevention classified this level as "moderate drinking."

However, the latest Dietary Guidelines, released in January 2026, do not specify numerical limits. Instead, they state that people should "consume less alcohol for better overall health."

Some health experts view this change as less clear guidance because the term "less" is open to



Consider sipping a mocktail instead of an alcoholic beverage at your next summer function. (NDSU photo)

interpretation.

Alcohol consumption is linked to numerous injuries, including motor vehicle crashes, falls and other accidents. Alcohol consumed with certain drugs can be fatal. Alcohol use during pregnancy increases the risk of miscarriage and fetal alcohol spectrum disorders.

Long-term alcohol use can affect many parts of the body. Alcohol consumption is associated with increased risks of cancers of the mouth, throat, esophagus, colon, liver, stomach, pancreas, breast and prostate.

Drinking alcohol also raises the risk of high blood pressure, stroke, heart disease, digestive problems and a weakened immune system. Excessive alcohol use can contribute to depression, anxiety and memory problems.

Many adults appear to be reconsidering their alcohol use. According to a 2025 Gallup poll, about 54% of U.S. adults report consuming alcohol, the lowest level recorded in nearly 90 years.

Even so, excessive alcohol use remains a significant public health concern. An estimated 488 deaths per day in the U.S. are

linked to excessive alcohol consumption.

What can you do if you decide to cut back?

Social situations can be challenging. You may feel pressure to imbibe at a party, barbecue or gathering with friends. Consider bringing your own nonalcoholic beverage or keeping a glass of sparkling water, fruit juice or soda over ice in your hand. Hosts can make guests feel welcome by offering appealing nonalcoholic options alongside alcoholic beverages.

Although my first taste of beer set me on a path away from alcohol, I occasionally enjoy a mango margarita or a Moscow mule at a restaurant. Truthfully, I could just as easily enjoy a fruit smoothie or a glass of ginger ale.

We recently created a handout ("3 Steps to Making Mocktails") featuring several "mocktails," including a nonalcoholic aloe spritz, a nonalcoholic Bloody Mary and this refreshing drink featuring fresh mint.

Nonalcoholic Peach Mint Julep

- 2 limes, rinsed, halved and cut into wedges
- 1 cup fresh or canned peaches (in water), muddled
- 24 mint leaves
- 4 teaspoons granulated sugar
- Ice as desired
- 1 ½ cups unflavored or flavored sparkling water

In a small bowl, add the lime, and muddle using a muddler or the back of the spoon. Muddle (stir) until the pulp and juice are extracted from the lime. Remove the lime wedges and add peaches, mint and granulated sugar to the

bowl. Muddle again until a puree consistency. The mint leaves won't break down completely. Add 1 cup of sparkling water and the rest of the contents into a shaker (or other covered container) with ice and shake for 30 seconds. Pour contents into glasses and top with remaining sparkling water.

Makes four servings. Each serving has 41 calories, 0.1 g fat, 0.5 g protein, 12 g carbohydrate, 2 g fiber and 22 mg 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):
B.M., DOB: 06/21/2013

TM Child Welfare)	SUMMONS
Petitioner(s))	CASE# JV-
VS)	CW-25-15009
Nicole Thiefoe, mother)	
Jesse Malatterre, father)	

TO: Nicole Thiefoe:

YOU ARE HEREBY summoned and required to appear before the Turtle Mountain Tribal Court in the above-entitled matter on the 10th day of August, 2026 at 10:00a.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 24th day of June, 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
(#42, 43, 44)

SUMMONS

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

In the matter of the minor child(ren):
M.A.H., DOB: 05/08/2022
A.A.H., DOB: 08/15/2020

TM Child Welfare)	SUMMONS
Petitioner(s))	CASE# JV-
VS)	CW-23-15035
Steve Anton, father)	

TO: Jerry Amyotte Jr.:

YOU ARE HEREBY summoned and required to appear before the Turtle Mountain Tribal Court in the above-entitled matter on the 10th day of August, 2026 at 9:30a.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 24th day of June, 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
(#42, 43, 44)

Dakota Gardener

Marshmallows on Branches

Those "marshmallows" are actually sacs containing up to a thousand eggs.

By Kelsey Deckert,
Horticulture agent
NDSU Extension -
Burleigh County

In the central part of the state, I have been receiving several calls about "marshmallows" on tree branches. As funny as it sounds to say, that is probably the best description for cottony maple scale! The marshmallow you are seeing is actually the female's egg sac protruding.

Cottony maple scale affects maples, lindens, dogwoods, elm, hackberry and other hardwoods. The scale lives through the winter as an immature female that is about 1/5 inch long, flat on the surface of twigs and branches. Due to their size and flatness, it is very hard to notice them. They will start to grow in May as temperatures warm. By mid-June, the egg sacs are noticeable. Each sac can contain up to 1,000 eggs, which is crazy to imagine given their size.

The crawlers (babies) hatch in late June to early July and will move to the underside of the leaves to feed. It is at this stage that they are most susceptible to chemical control. The crawlers will feed on leaves, and males will complete their life cycle, becoming tiny winged insects; females are wingless. Males will fly to the females, mate then die. The females will continue to feed throughout the fall and then crawl back to the twigs and branches, where they will attach themselves for the winter.

Typically, cottony maple scale infestations are controlled by natural enemies in our landscape and don't require treatment. If treatment is warranted, you will want to use a combination of a spray treatment for the crawler stage and a systemic treatment. Crawler spray treatments include horticultural oils, insecticidal soaps, pyrethroids and carbaryl. Systemic treatment would be imidacloprid in the fall or dinotefuran in the spring.

Higher populations can produce sap called honeydew, which is their excrement. This can cause black, sooty mold, resulting in a blackened appearance on leaves,

twigs and branches. The sooty mold is mostly harmless. In some severe cases, you will see some premature foliage loss.

For more information about cottony maple scale, contact your local NDSU Extension agent. Find the Extension office for your county at www.ndsu.edu/agriculture/extension/extension-county-offices.



Cottony maple scale start to grow in May as temperatures warm and become noticeable in mid-June. (NDSU photo)

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INVITATION FOR BIDS

JULY 16, 2026, 11:00 A.M. CENTRAL LOCAL TIME, BELCOURT, ND:

CONSTRUCTION OF THE GREEN ACRES LAGOON RENOVATION ON THE TURTLE MOUNTAIN RESERVATION, ROLETTE COUNTY, NORTH DAKOTA

The Turtle Mountain Band of Chippewa will accept bids from qualified contractors for the construction of the Green Acres Lagoon Renovation project on the Turtle Mountain Reservation, Rolette County, North Dakota

Sealed bids will be accepted until 11:00 A.M. Central Local Time, July 16, 2026, at which time a public bid opening will be held at the conference room of the Turtle Mountain Public Utilities Commission, 1001 Chief Little Shell st. Belcourt, ND 58316.

PLANS AVAILABLE FROM TRIBE: A bid package may be obtained from the Turtle Mountain Public Utilities Commission, PO Box 490, Belcourt, North Dakota, 701-477-6159, ATTN: Kenneth J. Azure. A nonrefundable fee of \$125 will be charged for each bid package or an emailed pdf will be made available upon request at no charge by contacting Kenneth J. Azure, puckenny@utma.com. Additionally, a bid package may be obtained from the Quest Construction Data Network (www.questcdn.com), Project Number TM2026-CSL-1. Delivered bids will be read during the bid opening.

A copy of a valid Contractor's license for the state in which the work resides or Certification of Renewal thereof issued and registration of Indian owned firm from TERO shall be supplied at the time of bidding and enclosed in the required Bidder's Bond envelope.

ENGINEER: Indian Health Service, DSFC, Minot, ND.

INDIAN PREFERENCE: In the evaluation of the bids, the Owner may, within funding limitations, give preference up to the amount of 10% above the lowest total bid, to qualified Indian owned firms. The qualified Indian owned firms must register with the local TERO Office prior to the bid opening.

PROJECT DESCRIPTION: The scope of work includes furnishing all labor, equipment and materials for the construction of the following:

- Rehabilitation of an existing waste water treatment system consisting of a 9.1 acre primary cell and 8.1 acre secondary cell, a new 3.43 acre constructed wetland, new wetland access road, cut volume for constructed wetland site work is 21,250 cubic yards, wetland inlet and outlet flow control structures, 1,823 feet of 8-inch PVC SDR 21 gravity sewer main, new inlet manhole and connection to existing sewer force main, new lagoon structures, removal and abandonment of existing lagoon structures, 4,000 cubic yards of rip-rap, removal of existing fence, 4,580 linear feet of new chain link fence, and other related items to complete the project as shown on the plan drawings and stated in the specifications

CONTRACT DURATION: Contract will proceed with available funding from the date of the Notice to Proceed and shall be complete with the entire work ready for use no later than Two Hundred Fifty (250) calendar days after the Notice to Proceed.