

## Statewide Classifieds

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Local Classified ads are priced at \$5.00 with 10 cents per word extra over 25 words for the first week. The second and succeeding weeks with no change in copy are \$4.00, payable in advance.

Thank you notes are \$3.00 with 5 cents per word extra over 60 words, payable in advance. Pictures used for birthday or anniversary greetings will be charged according to the ad space they use.



## Nostalgia is sweet, but so is moderation



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

"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 typically 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 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 majority (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.)

## Let's start a berry patch!



Backyard berries have incredible flavor. (Pixabay photo)



By Tom Kalb, Horticulturist  
NDSU Extension

Nothing tastes better than fresh, ripe berries from the garden.

When I was a child, my family grew berries for the farmers market. While harvesting, I ate about half of the berries. My motto was "one for me, one for the market." They were irresistible.

Homegrown berries are absolutely delicious, and now is the best time to start a berry patch.

Pick a sunny site that gets at least eight hours of direct sunlight. Stay out of low spots and frost pockets. A sheltered area is preferred, although that is challenging for us in the Dakotas.

We need to kill any existing turf or weeds at the site. Glyphosate is a useful herbicide because it kills weeds, including their roots. It is very effective and has a very short life in the environment. I give the chemical 10-14 days to kill the turf and weeds entirely. Then our patch is ready to till and plant.

If you prefer not to use chemical herbicides, you can kill the turf and weeds by covering the plot with a black tarp. This will take about four to six weeks.

After the soil is prepared, it is time to plant our berry plants. The most popular backyard berry is strawberry. There are three types: June-bearing, everbearing and day-neutral.

I prefer the June-bearing types. A new planting will create a big crop every June, beginning in June 2027.

Select more than one June-bearing variety to maximize the harvest throughout the month. AC Wendy is the top pick for early harvests. Honeyoye is a vigorous choice for the midseason. Jewel will produce huge berries at the end of the month. All these varieties are hardy and productive. A well-managed June-bearing planting will produce well for about three or four years.

Everbearing types will give you a decent crop in June and a small crop in fall. Ozark Beauty and Fort Laramie are popular choices.

Day-neutral types will give you a small but steady stream of berries all summer long. Albion and Seascape are best. Day-neutral types are often grown in contain-

ers. Everbearing and day-neutral types can be harvested the year of planting, but the plants lose vigor after only one or two years.

Raspberries grow well in the Dakotas. Summer-bearing types are most popular. Notable varieties include Latham (great flavor), Boyne (super hardy), Killarney (easy to grow) and Nova (nearly thornless).

Purchase strawberry and raspberry plants as bare-root plants. Strawberry plants often come in bundles of 25 plants. Plant them about 12-18 inches apart. Raspberry plants often come in bundles of five to 10 plants. These are planted about 24 inches apart.

Bare-root plants are sold online or may be found in refrigerated coolers at major garden centers. Potted plants are too expensive in my opinion.

Now we need to add a blue fruit to the patch. Forget about blueberries because they struggle in our dry climate and prairie soils. Grow haskaps (aka honeyberries and yezberries) instead. Haskaps are hardy and thrive in our soils.

Have you ever eaten a haskap? Probably not. That's because they are rarely grown on farms. Haskap fruits tend to drop soon after ripening, making them difficult to harvest by machine.

That won't be a problem in your backyard, because you will be snacking on the berries as soon as they ripen. Haskap fruits are juicy and flavorful with essences of blackberry, cherry and grape.

The Canadian varieties Indigo Gem, Aurora and Honey Bee have done well in our trials. Japanese varieties such as Keiko, Kawai, Maxie and Solo look promising because they are easy to harvest.

You should plant two different haskap varieties for production. The varieties must bloom at the same time. The labels on haskap plants will indicate compatible varieties. Haskaps are typically sold as small, potted plants.

For more information on growing berries in your backyard, start with the website of the Northern Hardy Fruit Evaluation Project of North Dakota State University. Other good sources of information include the University of Minnesota, the University of Wisconsin, Nourse Farms, Jung Seed and HoneyberryUSA.

Growing berries in the backyard will be a joy for you and your entire family. Let's get started.

For more information about gardening, contact your local NDSU Extension agent.



## Making It Better

Daris Howard

Carol called her mother. "Mom," she said, "is there any way you could watch Tina this Saturday? My real estate agency has some open houses, and they want me to cover them."

Tina was a precocious five-year-old. Mary loved spending time with Tina, but she already had plans for Saturday.

"I won't be around," Mary said, "but your father will be. I bet he'd love to watch her."

Mary got Kevin on the line, and when Carol asked him to watch her daughter, he seemed pleased. "I'd love to," he said. "I'll be working on a shed, and Tina can be my work buddy."

"You'll take good care of her, right?" Carol asked. "And teach her good things?"

"Of course," her father said. "I am the safest builder there is."

Carol admitted that her father always carefully watched over his grandchildren, but it wasn't the safety she was worried about. Sometimes, when her father worked on things, he tended to use some colorful words. The last time Tina had been with him, she came home using a few words that her mother had to talk to her about.

But Carol knew her father loved his grandchildren, and decided to let him watch Tina, though she talked to him about his language. He promised to be careful about what he said.

Saturday came, Carol dropped Tina off, and Kevin and his granddaughter started working on the shed. He was careful to keep her safe. She loved to help him, and when he felt there was no danger, he would let her hold nails and screws for him or run errands. But when it came time for something that might endanger her, like lifting plywood up against the wall, he had a chair she had to sit in away from the danger. She couldn't leave it until he told her it was safe.

Then, while hammering a nail, Kevin smashed his hand. He just about let out a few relief-inspired words, but remembered his prom-

ise. Instead, he stuffed his throbbing fingers into his mouth. That eased the pain and also kept any colorful language from escaping.

"Grandpa," Tina asked, "why are you kissing your fingers?"

"I smashed them with a hammer," he replied.

"Does kissing them help them feel better?"

Kevin nodded. "It helps a lot."

With the last plywood on the walls, Kevin decided it was time to put in the door. He had Tina sit in the chair, and he pushed the door into place. He got it all leveled and some screws in it, then told Tina she could leave the chair. But the door still didn't have a doorknob, so as Tina was going through it, she held onto the edge. The door closed and pinched her fingers.

She was brave and only cried a little, but Kevin felt bad. "Do your fingers hurt?" he asked.

She nodded. "I think you need to kiss them better," she replied. Kevin dutifully kissed his granddaughter's fingers, and his love seemed to take away any pain. She was quickly back to her happy self.

She worked with him all day, and soon it was time for both her mother and grandmother to come. Kevin suggested they go inside and have some milk and cookies before she had to leave. They had just finished eating when they saw two cars pull up. Tina rushed out to greet her mother and grandmother. But she was soon back.

"Come quick," she said to Kevin. "Grandma needs you."

Kevin went outside to find that his wife had fallen on the sidewalk, and Carol was trying to help her up.

Tina dragged Kevin over and said, "It's okay, I brought Grandpa to kiss Grandma's butt."

Carol turned to her father. "Uh, Dad, what have you been teaching her?"

Kevin smiled. "There's a good explanation here."

And Kevin learned that with a five-year-old, it wasn't just swearing he had to be careful about.

## Now is the Time to Give Your Mower a Tune-Up

(StatePoint) As the weather starts to turn in early spring, giving your mower a tune-up is a must for performance, safety and efficiency.

"Before the spring season truly kicks off, take stock of your mower's maintenance needs. Paying a bit of attention to your machine now will set you up for a smooth and easy cutting season, and extend the life of your mower," says Exmark marketing manager, Lenny Mangnall.

In addition to consulting your owner's manual to determine tasks specific to your model, you can also follow this checklist from Exmark to make sure your mower is in top shape:

1. Change the oil. A healthy engine is a happy engine.
2. Sharpen or replace blades. Fresh blades cut faster, smoother and cleaner.
3. Give the mower a deep clean. Use a putty knife to remove caked grass from under the deck.

4. Replace old fuel. Never use fuel left in the tank from the last season.

5. Check on the tires. Low tire pressure is a performance issue and a safety hazard.

6. Inspect engine belts. Check belt tension and wear to help your engine perform at its best.

7. Replace spark plugs. Fresh spark plugs help your mower start and run smoothly.

For additional details and instructions on each item on this checklist, read the full article "Is Your Lawn Mower Ready for Spring?" The article can be found at Exmark's Backyard Life, a unique multimedia destination focused on helping homeowners improve their outdoor living spaces. There you can find more articles, DIY project ideas, and view Exmark Original Series videos on topics ranging from lawn and grass care to gardening, landscaping and even fishing and barbecuing.

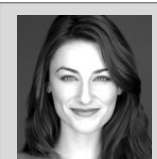
Work smarter, not harder in your yard. Give your mower a little love at the start of the season to help ensure you get reliable performance all spring and summer.

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